

Seasoned Green Beans

Servings:	485.71	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21354
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	28 4/7 #10 CAN	Do not drain beans, juice will help the beans not dry out.	100307
MARGARINE SLD	1 Pint 1 4/7 Cup (3 4/7 Cup)	Slice butter on top of beans.	733061
SPICE ONION POWDER	4 Fluid Ounce 1 Tablespoon 1 4/7 Teaspoon (28 4/7 Teaspoon)	Add	126993
SPICE GARLIC POWDER	4 Fluid Ounce 1 Tablespoon 1 4/7 Teaspoon (28 4/7 Teaspoon)	Add	513857

Preparation Instructions

Stir all ingredients together and heat until beans reach 135F.

Do not cook too early. Do not overcook. Product will continue to soften on steam table.

Stir after beans come out of oven to distribute butter.

Hold at 135F.

Serve with 4 oz slotted spoodle.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 485.71

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	36.11		
Fat	1.29g		
SaturatedFat	0.53g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	225.96mg		
Carbohydrates	4.80g		
Fiber	3.04g		
Sugar	1.52g		
Protein	1.52g		
Vitamin A	88.24IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available