

# Seasoned Green Beans

NO IMAGE

<b>Servings:</b>	485.71	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21354
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 485.71

Serving Size: 0.50 Cup

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

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

## Nutrition - Per 100g

No 100g Conversion Available