

Green Bean



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44212
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT XTRA GRN	2 #10 CAN		328251
BASE CHIX LO SOD NO MSG	1/4 Cup	UNPREPARED To make an instant fully seasoned stock broth, add Base to water and stir: 3 4 tsp + 1 cup water or 1 Tbsp base + 1 quart water or 1 1 2 cups base + 6 gallons water	580589

Preparation Instructions

Mix items together and steam to 165F and Hold at 135F or higher

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.517
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	20.79
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	300.92mg
Carbohydrates	4.15g
Fiber	2.07g
Sugar	2.07g
Protein	1.03g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 31.04mg	Iron 0.41mg

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

Nutrition - Per 100g

No 100g Conversion Available