

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