

Green Beans

Servings:	136.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50325
School:	Attica Jr/Sr High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV	6 #10 CAN	BOIL Stove Top Cooking Instructions: Empty contents into saucepan and heat on medium-high until hot; do not boil. Drain, season to taste and serve. Avoid overcooking. Microwave Oven Cooking Instructions: Empty contents into microwave-safe dish; cover; heat on	118737

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash top of lid with clean, sanitized rag before opening. Drain off half of the liquid from the can. Pour green beans and remaining liquid into a stock pot or steam table pan. Heat long enough on stove top or steamer to bring to serving temperature. Do not allow to boil.

CCP: Hot foods should be kept at 145° or hotter.

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: 136.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	22.82
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	159.76mg
Carbohydrates	4.56g
Fiber	2.28g
Sugar	2.28g
Protein	1.14g
Vitamin A 0.00IU	Vitamin C 3.42mg
Calcium 34.24mg	Iron 0.46mg

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

Nutrition - Per 100g

No 100g Conversion Available