

# Green Beans-Northwood High

<b>Servings:</b>	72.00	<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-19564
<b>School:</b>	Northwood High School		

## Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT MXD SV	3 #10 CAN	273856
SPICE BLND ORIG 3-21Z MDASH	1 Tablespoon	265103
BUTTER PRINT UNSLTD GRD AA	1/4 Cup	299405

## Preparation Instructions

No Preparation Instructions available.

### 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>	0.140
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	27.11		
<b>Fat</b>	0.61g		
<b>SaturatedFat</b>	0.39g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.67mg		
<b>Sodium</b>	237.11mg		
<b>Carbohydrates</b>	3.23g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	1.08g		
<b>Protein</b>	1.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	24.96mg	<b>Iron</b>	0.41mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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