

Buttered Peas

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12149
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN	30 Pound		610802
BUTTER PRINT UNSLTD GRD AA	1 Pound		299405
SALT IODIZED 24-26Z GFS	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		108308
SPICE PEPR BLK REG FINE GRIND	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037
SPICE ONION POWDER	1 Fluid Ounce		126993
SPICE GARLIC POWDER	1 Fluid Ounce		224839

Preparation Instructions

Place frozen peas in a 2 inch steam pan. Steam for 20 minutes. Make sure that temperature is to 155 degrees. Once at temperature put vegetables in 4 inch pan. Add butter, salt, pepper, onion, and garlic powder to vegetables and place in hot hold until ready for service.

Updated 12.16.24

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	69.83		
Fat	2.44g		
SaturatedFat	1.56g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	146.53mg		
Carbohydrates	9.69g		
Fiber	3.17g		
Sugar	3.17g		
Protein	3.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.78mg	Iron	0.87mg

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

Nutrition - Per 100g

No 100g Conversion Available