

Country Style Green Beans



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15838
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV	1 #10 CAN	Drain most of juice off	118737
BASE HAM NO ADDED MSG	1 Fluid Ounce		686691
SPICE ONION POWDER	2 Teaspoon		126993
SPICE GARLIC POWDER	3 Teaspoon		224839

Preparation Instructions

Mix all together, steam for 15-20 mins or until 165 degrees

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.539
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		21.66	
Fat		0.01g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		156.10mg	
Carbohydrates		4.65g	
Fiber		2.16g	
Sugar		2.16g	
Protein		1.08g	
Vitamin A	0.00IU	Vitamin C	3.23mg
Calcium	32.33mg	Iron	0.43mg

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

Nutrition - Per 100g

No 100g Conversion Available