

# Green Beans



|               |                           |                |                  |
|---------------|---------------------------|----------------|------------------|
| Servings:     | 1.00                      | Category:      | Vegetable        |
| Serving Size: | 0.50 Cup                  | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                     | Recipe ID:     | R-8452           |
| School:       | Central Elementary School |                |                  |

## Ingredients

| Description                   | Measurement   | Prep Instructions                    | DistPart # |
|-------------------------------|---------------|--------------------------------------|------------|
| BEAN GREEN CUT MXD SV         | 1/2 Cup       | Heat to 165 degrees.                 | 273856     |
| SPICE PEPR BLK REG FINE GRIND | 1/16 Teaspoon | Ready To Eat                         | 225037     |
| BASE HAM NO ADDED MSG         | 1/16 Teaspoon | READY_TO_EAT<br>Prepare as directed. | 686691     |

## Preparation Instructions

Heat to 165 degrees.

Optional- Onion Flakes- #513997- 1/8 tsp.

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

## 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> | 0.500 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      |         | 20.03            |        |
| <b>Fat</b>           |         | 0.00g            |        |
| <b>SaturatedFat</b>  |         | 0.00g            |        |
| <b>Trans Fat*</b>    |         | 0.00g            |        |
| <b>Cholesterol</b>   |         | 0.00mg           |        |
| <b>Sodium</b>        |         | 221.25mg         |        |
| <b>Carbohydrates</b> |         | 3.00g            |        |
| <b>Fiber</b>         |         | 2.00g            |        |
| <b>Sugar</b>         |         | 1.00g            |        |
| <b>Protein</b>       |         | 1.00g            |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 23.00mg | <b>Iron</b>      | 0.38mg |

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

## Nutrition - Per 100g

No 100g Conversion Available