

Beans Green Sesame MTG



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-94
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN BUSHEL	1 Gallon 3 Quart 1 Pint (30 Cup)	+/- 10 lbs	857424
OIL SESAME PURE	1 1/4 Tablespoon	SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.	348630
OIL OLIVE PURE	1 1/4 Tablespoon		432061
SALT SEA	2 Teaspoon		748590
SPICE SESAME SEED HULLED	1 1/4 Tablespoon		513806

Preparation Instructions

- WASH HANDS.
- ,1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together.
- ,2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.
- ,
- ,CCP: Hot hold for service at 135°F or above.
- ,Note: Boil beans within 1 hour of service.
- ,They tend to overheat and turn grey after 1 hour
- ,

,School Meal Pattern info (NSLP): 1/4 c. serving = 1/4 c. "other" vegetable

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	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	13.42		
Fat	0.42g		
SaturatedFat	0.08g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	45.98mg		
Carbohydrates	2.40g		
Fiber	0.90g		
Sugar	1.20g		
Protein	0.60g		
Vitamin A	227.70IU	Vitamin C	4.03mg
Calcium	12.21mg	Iron	0.34mg

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

Nutrition - Per 100g

No 100g Conversion Available