

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	30 Cup	+/- 10 lbs	857424
OIL SESAME PURE	1 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 Tablespoon		432061
SALT SEA	2 Teaspoon		748590
SPICE SESAME SEED HULLED	1 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.
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- ,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

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Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	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	
Saturated Fat		0.08g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		45.98mg	
Carbohydrates		2.40g	
Fiber		0.90g	
Sugar		1.20g	
Added Sugar		0.00g	
Protein		0.60g	
Vitamin A	227.70mcg	Vitamin C	4.03mg
Calcium	12.21mg	Iron	0.34mg

Nutrition - Per 100g

No 100g Conversion Available			
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