

Seasoned Green Beans

Servings:	113.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10129
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	5 #10 CAN	BAKE	100307
BUTTER PRINT UNSLTD GRD AA	1/2 Cup		299405
SEASONING GARLIC HRB NO SALT	2 Tablespoon		565164

Preparation Instructions

Open 10 cans of green beans , place them in deep pans . Add 1/2 a cup butter and garlic herb seasoning. Cook at 350 for 15 min. or to temp 145 . Place in warmer and serve .

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 113.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	35.69		
Fat	0.78g		
Saturated Fat	0.50g		
Trans Fat	0.00g		
Cholesterol	2.12mg		
Sodium	160.24mg		
Carbohydrates	4.79g		
Fiber	2.29g		
Total Sugar	2.29g		
Added Sugar	0.00g		
Protein	1.14g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.21mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available