

# Green Beans



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8452
<b>School:</b>	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	0 Cup	Ready To Eat	225037
BASE HAM NO ADDED MSG	0 Cup	READY_TO_EAT 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

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	20.03		
<b>Fat</b>	0.00g		
<b>Saturated Fat</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>Total Sugar</b>	1.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	23.00mg	<b>Iron</b>	0.38mg

## Nutrition - Per 100g

No 100g Conversion Available