

# Green Bean



<b>Servings:</b>	48.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44212
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT XTRA GRN	2 #10 CAN		328251
BASE CHIX LO SOD NO MSG	1/4 Cup	UNPREPARED To make an instant fully seasoned stock broth, add Base to water and stir: 3 4 tsp + 1 cup water or 1 Tbsp base + 1 quart water or 1 1 2 cups base + 6 gallons water	580589

## Preparation Instructions

Mix items together and steam to 165F and Hold at 135F or higher  
CCP Heat to 165 F or higher for at least 15 seconds  
CCP Hold 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: 48.00

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	21.66
<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>	313.46mg
<b>Carbohydrates</b>	4.32g
<b>Fiber</b>	2.16g
<b>Total Sugar</b>	2.16g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.08g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 32.33mg	<b>Iron</b> 0.43mg

## Nutrition - Per 100g

<b>Calories</b>	19.10
<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>	276.42mg
<b>Carbohydrates</b>	3.81g
<b>Fiber</b>	1.90g
<b>Total Sugar</b>	1.90g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.95g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 28.51mg	<b>Iron</b> 0.38mg