

# Green Beans

<b>Servings:</b>	246.00	<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-9696
<b>School:</b>	New Paris Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Green - canned	14 #10 CAN		100307
MARGARINE SLD	3 Pound	N/A	733061
SPICE PEPR BLK REG FINE GRIND	3 Teaspoon		225037
SALT IODIZED	1/8 Cup	N/A	108286

## Preparation Instructions

Place 3lbs of margarine in large sauce pot and place in warmer.

Place 4-4 inch deep pans on counter. Wipe off and open green beans cans. Dump 1 can undrained beans into each pan.

Drain the rest of the cans of green beans and divided among pans.

Steam in steamer for 25 minutes.

Drain each pan once out of steamer.

Put 1/2 Tablespoon of salt in each pan.

Sprinkle with pepper on each pan.

Divide melted margarine between the 4 pans and stir margarine and green beans together.

Store in warmer covered until service.

Updated 1.29.24

## 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: 246.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	71.27
<b>Fat</b>	4.29g
<b>Saturated Fat</b>	1.76g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	283.39mg
<b>Carbohydrates</b>	5.16g
<b>Fiber</b>	2.58g
<b>Total Sugar</b>	2.58g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.29g
<b>Vitamin A</b> 292.68mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

No 100g Conversion Available