

Green Bean



Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44212
School:	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

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: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	21.66		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	313.46mg		
Carbohydrates	4.32g		
Fiber	2.16g		
Total Sugar	2.16g		
Added Sugar	0.00g		
Protein	1.08g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	32.33mg	Iron	0.43mg

Nutrition - Per 100g

No 100g Conversion Available