

# Seasoned Green Beans

<b>Servings:</b>	68.00	<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-57817
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans, Low Sodium Canned	3 #10 CAN		100307
BUTTER BLND SLD EURO ZT	1/2 Cup	READY_TO_EAT Ready to use.	648560
SEASONING NO SALT ORIG	1 Tablespoon		844071

## Preparation Instructions

Place vegetable in pan with butter and seasoning. Heat.

### Meal Components

Amount Per Serving

Component	Amount
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: 68.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	36.76		
<b>Fat</b>	1.41g		
<b>Saturated Fat</b>	0.59g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	149.96mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	2.00g		
<b>Total Sugar</b>	2.00g		
<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>	0.00mg	<b>Iron</b>	0.00mg

## Nutrition - Per 100g

<b>Calories</b>	2201.06		
<b>Fat</b>	84.54g		
<b>Saturated Fat</b>	35.22g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	8979.69mg		
<b>Carbohydrates</b>	239.45g		
<b>Fiber</b>	119.73g		
<b>Total Sugar</b>	119.73g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	59.86g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg