

Seasoned Green Beans



Servings:	20.00	Category:	Vegetable
Serving Size:	4.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22633

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV	102 Fluid Ounce		273856
BASE HAM NO ADDED MSG	1/2 Teaspoon	2. Add ham base and dehydrated onions. Stir to dissolve the base.	686691
ONION DEHY CHPD	1 Tablespoon		263036

Preparation Instructions

3. Steam for approx. 5 min.

CCP: Heat until a temperature of 140° is reached for 15 seconds.

CCP: Hold for hot service at 135° 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	0.638
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving	
Calories	26.10
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	281.22mg
Carbohydrates	3.98g
Fiber	2.57g
Total Sugar	1.29g
Added Sugar	0.00g
Protein	1.29g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 29.56mg	Iron 0.49mg

Nutrition - Per 100g

No 100g Conversion Available