

Seasoned Green Beans

NO IMAGE

Servings:	68.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57817
School:	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

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	
Calories	36.76
Fat	1.41g
Saturated Fat	0.59g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	149.96mg
Carbohydrates	4.00g
Fiber	2.00g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	1.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

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