

Seasoned Green Beans

Servings:	113.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10129
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	5 #10 CAN	BAKE	100307
BUTTER PRINT UNSLTD GRD AA	1/2 Cup		299405
SEASONING GARLIC HRB NO SALT	2 Tablespoon		565164

Preparation Instructions

Open 10 cans of green beans , place them in deep pans . Add 1/2 a cup butter and garlic herb seasoning. Cook at 350 for 15 min. or to temp 145 . Place in warmer and serve .

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: 113.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	35.69
Fat	0.78g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	2.12mg
Sodium	160.24mg
Carbohydrates	4.79g
Fiber	2.29g
Total Sugar	2.29g
Added Sugar	0.00g
Protein	1.14g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.21mg	Iron 0.00mg

Nutrition - Per 100g

Calories	3569.31
Fat	77.88g
Saturated Fat	49.56g
Trans Fat	0.00g
Cholesterol	212.39mg
Sodium	16023.51mg
Carbohydrates	479.05g
Fiber	228.91g
Total Sugar	228.91g
Added Sugar	0.00g
Protein	114.45g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 21.24mg	Iron 0.00mg