

# Steamed Garlic Green Beans

<b>Servings:</b>	120.00	<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-17625
<b>School:</b>	New Prairie Elementary School	<b>Grams Per Serving:</b>	

## Ingredients

Description	Measurement	DistPart #
Green Beans, Low Sodium Canned	60 Cup	100307
SPICE PEPR BLK REST GRIND	2 Tablespoon	225061
SPICE GARLIC GRANULATED	2 Tablespoon	514047

## Preparation Instructions

Directions:

WASH HANDS

1. Steam Green Beans .
2. Drain the beans really well and place in 1 large hotel pan and toss with garlic and pepper.

CCP: Hot hold for service at 135°F or above.

Note: Boil beans within 1 hour of service. They tend to overheat and turn grey after 1 hour

Updated 7.30.25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	25.00
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	140.00mg
<b>Carbohydrates</b>	4.20g
<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 RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

No 100g Conversion Available