

Steamed Garlic Green Beans

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17625
School:	New Prairie Elementary School	Grams Per Serving:	

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

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: 120.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	25.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	4.20g
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

No 100g Conversion Available