



825041 - Berried Green Beans

Source: K12 Culinary
 Number of Portions: 54
 Size of Portion: 1/2 cup

Components:
 Meat/Alt:
 Grains:
 Fruit:
 Vegetable: 0.5 cup
 Milk:

Recipe Subgroups:
 Vegetable, Other

Attributes:
 Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050471 BEANS, GREEN, COOKED FROM FROZEN, WHOLE...	10 lbs	Thaw beans in the refrigerator.
826505 Margarine, TransFat Free, Ventura 16936..... 826508 Olive Oil Blend 90/10, Colavita L116..... 002030 PEPPER, BLACK..... 002047 SALT, TABLE.....	1 oz 2 Tbsp 1/2 tsp 1/2 tsp	Melt margarine and place in mixing bowl. Add olive oil blend, pepper, and salt. Add beans and toss to coat. Spread up to five pounds on a full size sheet pan. Do not overcrowd or beans will steam instead of roast. Roast at 350°F on high fan for 5 to 8 minutes. CCP: Heat to 135° F or higher.
009079 CRANBERRIES, DRIED, SWTND.....	1 cup	Place beans into 2 inch deep full size steamtable pan. Add ½ c. dried cranberries per pan. Cover and hold up to 30 minutes in hot holding cabinet. Serve using 4 oz. spoodle or no. 8 disher. CCP: Hold for hot service at 135° F or higher
		This recipe is best when prepared for just in time service to minimize leftovers as quality and appearance deteriorate when reheated.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	39 kcal	Cholesterol	0 mg	Sugars	*1.6* g	Calcium	40.98 mg	25.43%	Calories from Total Fat
Total Fat	1.09 g	Sodium	33 mg	Protein	1.26 g	Iron	0.74 mg	6.07%	Calories from Saturated Fat
Saturated Fat	0.26 g	Carbohydrates	7.23 g	Vitamin A	484.2 IU	Water ¹	*0.35* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.59 g	Vitamin C	3.5 mg	Ash ¹	*0.06* g	75.01%	Calories from Carbohydrates
								13.02%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.