

# John Stalker Institute

**000011 - Roasted Green Beans**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
Number of Portions: 50  
Size of Portion: 1/2 cup

Meat/Alt: 0 oz  
Grains: 0 oz  
Fruit: 0 Cup  
Vegetable: 0.5 Cup  
Milk: 0 Cup

011052 BEANS,SNAP,GREEN,RAW..... 10 LB	1. Steam the green beans in a perforated pan until tender but still firm, 4-8 minutes depending on the intensity of the steamer and size of the greens beans. They should retain their bright green color.  ALTERNATE COOKING METHOD: The beans can also be dropped into a pot of vigorously boiling water, cooked briefly, then drained.
004053 OIL, OLIVE, SALAD OR COOKING... 4 TBSP 002047 SALT, TABLE..... 3/4 TSP 002030 PEPPER, BLACK..... 1/2 TSP, ground	2. Combine the green beans with the olive oil, salt, and black pepper in a hotel pan or large bowl.  3. Spread coated beans on a parchment-covered sheet pan and roast briefly, until tender and hot. Beans may brown in places, this will add flavor. To skip a step, you can also roast the raw green beans without steaming, it will just take longer for them to cook.  Convection Oven: 400°3 for approx 3-10 minutes Conventional Oven: 350°F for approx. 4-15 minutes  NOTE: Cooking times will vary widely depending if beans have been pre-steamed. Take care to not overcook the beans.  4. Serve immediately.  CCP: Heat to 140° F or higher for at least 15 Seconds  CCP: Hold at 140° F or higher for service.

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

Calories	38 kcal	Cholesterol	0.00 mg	Protein	1.66 g	Calcium	33.70 mg	30.54%	Calories from Total Fat
Total Fat	1.28 g	Sodium	40.84 mg	Vitamin A	60.79 RE	Iron	0.94 mg	4.65%	Calories from Sat Fat
Saturated Fat	0.19 g	Carbohydrate	6.34 g	Vitamin A	626.08 IU	Water <sup>1</sup>	81.94 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	Dietary Fiber	2.46 g	Vitamin C	11.07 mg	Ash <sup>1</sup>	0.69 g	67.20%	Calories from Carbohydrates
								17.63%	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

<sup>1</sup> - denotes optional nutrient values

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.