



## 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:

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.....<br>826508 Olive Oil Blend 90/10, Colavita L116.....<br>002030 PEPPER,BLACK.....<br>002047 SALT, TABLE..... | 1 oz<br>2 Tbsp<br>1/2 tsp<br>1/2 tsp | Melt margarine and place in mixing bowl. Add olive oil blend, pepper, and salt.<br>Add beans and toss to coat.<br>Spread up to five pounds on a full size sheet pan. Do not overcrowd or beans will steam instead of roast.<br>Roast at 350° F on high fan for 5 to 8 minutes.<br><b>CCP: Heat to 135° F or higher.</b> |
| 009079 CRANBERRIES,DRIED,SWTND.....  | 1 cup                                | Place beans into 2 inch full size pan. Add ½ cup dried cranberries per pan.<br>Cover and hold up to 30 minutes in hot holding cabinet.<br>Serve using 4 oz spoodle or no. 8 disher.<br><b>CCP: Hold for hot service at 135° F or higher.</b>  |
|  |                                      | This recipe is best when prepared for just in time service 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            | 41.07 mg | 25.41% | 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 | 7.25 g | Vitamin A | 484.4 IU | Water <sup>1</sup> | *0.36* g | 0.00%  | Calories from Trans Fat     |
| Trans Fat <sup>2</sup> | 0.00 g  | Dietary Fiber | 2.59 g | Vitamin C | 3.5 mg   | Ash <sup>1</sup>   | *0.06* g | 75.05% | 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

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

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.