

# Green Beans

Component: Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
*Green beans, fresh, trimmed, ready to use OR *Green beans, fresh, whole, untrimmed OR Green beans, cut, frozen	9 lb  OR 10 lb 6 oz  OR 8 lb 12 oz				<p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> <li>For fresh beans, trim by breaking off the end (the top and tail) as you wash them.</li> <li>If uncut, cut into ¾-inch pieces.</li> <li>Steam or boil for about 8-10 minutes. For boiling, only add enough water to cover the beans.</li> <li>Remove from heat when beans are tender and can be easily cut with a fork.</li> </ol> <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F.</i></p> <ol style="list-style-type: none"> <li>Drain and serve.</li> </ol> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>

**Notes:**

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Nutrients calculated using Food Processor for green beans, boiled, from frozen, drained.

**Serving:** ½ cup provides ½ cup cut, cooked vegetable

1-2 years: ⅛ cup

3-5 years: ¼ cup

6-18 years: varies see menu

## Nutrients Per Serving

<b>Calories</b>	18.90	<b>Saturated Fat</b>	0.03 g	<b>Iron</b>	0.45 mg
<b>Protein</b>	1.01 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	28.35 mg
<b>Carbohydrate</b>	4.35 g	<b>Vitamin A</b>	14.14 RAE mcg	<b>Sodium</b>	0.67 mg
<b>Total Fat</b>	0.11 g	<b>Vitamin C</b>	2.77 mg	<b>Dietary Fiber (2016)</b>	2.02 g