



## USDA Foods in Schools

**100351 - Beans, Green, No Salt Added, Frozen**

**Category: Vegetables**

**Subgroup: Other**



### Product Description

- This item is U.S. Grade B or better frozen green beans with no salt added. These green beans are cut into pieces that must be one inch or longer. This product is delivered frozen in a 30 pound bulk case.

### Crediting/Yield

- One case yields about 174 ½-cup servings of cooked, drained green beans.
- CN Crediting: ½ cup cooked, drained green beans credits as ½ cup Other Vegetable.

### Culinary Tips and Recipes

- Green beans can be used in cold vegetable salads, pasta salads, or casseroles. They can also be cooked with spices, parmesan cheese, or canned tomatoes and garlic for a flavorful side dish.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA’s Team Nutrition](#).

### Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at [www.fns.usda.gov/usda-fis](http://www.fns.usda.gov/usda-fis)

## Nutrition Facts

Serving size: 1/2 cup (68g) green beans, cooked, drained, without salt

### Amount Per Serving

**Calories** 19

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 1mg

**Total Carbohydrate** 4g

Dietary Fiber 2g

Sugars 1g

**Protein** 1g

Source: [USDA FoodData Central](#)

**Allergen Information:** Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.