

**A070 – BEANS, FROZEN, GREEN, 30 LB**



**Nutrition Information**

Beans, green, cooked, drained, without salt

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better green beans, whole or cut (French or sliced lengthwise) style. Beans shall be Grade A for extraneous vegetable material.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>30 lb case.</li> </ul> <p><u>One 30 lb case AP</u></p> <ul style="list-style-type: none"> <li>Cut green beans yields about 87 cups cooked, drained, cut green beans and provides about 348.0 ¼-cup servings cooked, drained vegetable.</li> <li>Whole green beans yields about 80¼ cups cooked, drained, whole green beans and provides about 321.0 ¼-cup servings cooked, drained, vegetable.</li> <li>French style green beans yields about 90 cups cooked, drained, French style green beans and provides about 360.0 ¼-cup servings of cooked, drained vegetable.</li> </ul> <p><u>One lb AP</u></p> <ul style="list-style-type: none"> <li>Cut green beans yields about 2⅞ cups cooked, drained, cut green beans and provides about 11.6 ¼-cup servings of cooked, drained vegetable.</li> <li>Whole green beans yields 0.88 lb (about 2⅝ cups) cooked, drained, whole green beans and provides about 10.7 ¼-cup servings cooked, drained vegetable.</li> <li>French style green beans AP yields about 3 cups cooked, drained, French style green beans and provides about 12.0 ¼-cup servings of cooked, drained vegetable.</li> </ul> <p><u>CN Crediting:</u> ¼ cup cooked, drained green beans (cut, whole, or French style) provides ¼ cup vegetable.</p>

	¼ cup (34 g)	½ cup (68 g)
Calories	9	19
Protein	0.50 g	1.01 g
Carbohydrate	2.18 g	4.35 g
Dietary Fiber	1.0 g	2.0 g
Sugars	0.42 g	0.83 g
Total Fat	0.06 g	0.11 g
Saturated Fat	0.02 g	0.03 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.30 mg	0.59 mg
Calcium	17 mg	33 mg
Sodium	3 mg	6 mg
Magnesium	8 mg	16 mg
Potassium	43 mg	85 mg
Vitamin A	188 IU	376 IU
Vitamin A	9 RAE	19 RAE
Vitamin C	1.4 mg	2.8 mg
Vitamin E	0.12 mg	0.24 mg



## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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<b>STORAGE</b>	<ul style="list-style-type: none"> <li>• Store unopened frozen green beans in the freezer at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuations. Temperature changes shorten shelf life and speed deterioration.</li> <li>• Store opened thawed green beans covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>• Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• <b>STOCK POT OR STEAM-JACKETED KETTLE:</b> Add frozen green beans to boiling water. If desired, add 1 tsp seasoning for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 10 to 12 minutes. Drain.</li> <li>• <b>STEAMER:</b> Place frozen green beans in a single layer in a steamer pan. Steam uncovered at 5 lb pressure for 10 to 12 minutes. Drain. Sprinkle and stir 1 tsp seasoning over each 100 servings of vegetable, if desired. Do not boil.</li> <li>• Cook frozen green beans only until tender and crisp; they will become overcooked when held too long on a hot steam table or in a holding cabinet. Schedule cooking of frozen green beans to serve soon after cooking. Frozen green beans can be cooked without thawing.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve frozen green beans cooked or use in a variety of main dishes, soups, and salads. Green beans can be served in combination with other vegetables, such as whole kernel corn, red peppers, cauliflower, mushrooms, or onions.</li> <li>• Add flavor to green beans with herbs and spices such as caraway, dill, or sage.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze green beans.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a></li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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