1Green Bean Casserole40

Number of Servings: 40 (119.07 g per serving)

Amount	Measure	Ingredient
8.00	lb	Beans, green, cut, fzn
1 1/4	lb	Soup, cream of celery, cond, cnd
1 1/4	lb	Water, municipal

Nutrients per serving

Nutrition Facts

Serving Size (119g)
Servings Per Container

Amount Per Serving

Calories 40 Calories from Fat 5

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 2g	

Vitamin A 10% • Vitamin C 15%
Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Notes

*Each pound of green beans = ~ 4 cups; 7 cups Frozen Green Beans = ~5 cups green beans when cooked
Bring frozen green beans to a boil in a small amount of water without adding salt. Simmer 10 minutes until partially cooked.
Drain green beans.
Combine condensed soup (cream of mushroon soup may be substituted for variety if your clients like) and water (hot) and pour over hot green beans.
1/2 cup of Fresh diced celery, fresh diced onion or fresh sliced mushrooms may be added for each 10 servings the recipe produces - this adds only a minimal amount of sodium, carbohydrate and calories but allows for variation to meet the tastes of clients.
Pan, cover with foil and place in 350 degree oven for 45 minutes to 1 hour before serving.
Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F.
1 serving = 1/2 c or 1 #8 scoop or 4 oz spoodle
1 serving = 1 vegetable serving
1 serving = 7 grams carbohydrate = 1/2 carb serving