

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 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 can be whole, cut, or French cut. This product is available in 30 pound bulk cases.

### CREDITING/YIELD

- One case yields about 174 ½-cup servings of cooked, drained cut green beans or 161 ½-cup servings of cooked, drained whole 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, casseroles, or cooked with spices, parmesan cheese, or canned tomatoes and garlic for a flavorful side dish.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [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](#).

### 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 National Nutrient Database](#)

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

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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.