



## USDA Foods in Schools

### 100307 - Green Beans, Low-Sodium, Canned

Category: **Vegetables**

Subgroup: **Other**



#### Product Description

- This item is U.S. Grade B or better cut green beans that are one inch in length or longer and are low-sodium. This product is available in cases containing six #10 cans.

#### Crediting/Yield

- One case yields about 136 ½ cup servings of heated, drained green beans.
- CN Crediting: ½ cup heated, drained green beans credits as ½ cup other vegetable.

#### Culinary Tips and Recipes

- Green beans can be used as an ingredient in cold vegetable salads or casseroles.
- Try cooking green beans with spices 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](#).

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### Nutrition Facts

Serving size: 1/2 cup (125g) green beans canned, low-sodium

#### Amount Per Serving

**Calories** 25

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 140mg

**Total Carbohydrate** 4g

Dietary Fiber 2g

Sugars 2g

**Protein** 1g

Source: USDA Foods Vendor Labels

**Allergen Information:** Product is not permitted to contain any of the 8 major allergens designated by the FDA. Please refer to allergen statement on the outside of the product package to verify that no allergens are listed.

Nutrient values in this section are from the USDA Food Composition Database 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.