

Idaho Child Nutrition Programs

Recipe: 000029 Pizza Green Beans K-12

Recipe Source: Chef Brenda
 Recipe Group: ENTREES

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 3/4 cup

902436 Tomatoes, Diced, No Salt Added, Canned, USDA...	2 # 10 CAN	Prepare Ingredients: Drain cans of diced tomatoes.
050535 BEANS, GREEN, LOW-SODIUM, CANNED..... 901071 OREGANO LEAVES, DRIED.....	4 1/2 #10 can 1 CUP, leaves	Cook Dish: Mix undrained green beans, drained tomatoes, and oregano together, and bring to a boil. Reduce heat and simmer for 5 minutes. Serve using a slotted spoon to remove juices.

*Nutrients are based upon 1 Portion Size (3/4 cup)

Calories	42 kcal	Cholesterol	0.00 mg	Protein	2.01 g	Calcium	60.79 mg	3.78%	Calories from Total Fat
Total Fat	0.18 g	Sodium	272.51 mg	Vitamin A	152.97 RE	Iron	1.37 mg	1.09%	Calories from Saturated Fat
Saturated Fat	0.05 g	Carbohydrates	8.94 g	Vitamin A	781.39 IU	Water ¹	*0.03* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	3.62 g	Vitamin C	13.48 mg	Ash ¹	*0.03* g	84.43%	Calories from Carbohydrates
								19.01%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.750 cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change..... 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902436	Tomatoes, Diced, No Salt Added, Canned, USDA			
I	050535	BEANS, GREEN, LOW-SODIUM, CANNED			
I	901071	OREGANO LEAVES, DRIED			

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