



1/20#F LAKESIDE CUT GRN BNS

Product Last Saved Date:7 February 2019

Nutrition Facts

112 Servings per container

Serving Size 0.66 G21

Amount Per Serving

Calories 30

% Daily Value*

Total Fat 0 g **0%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 0 mg **0%**

Total Carbohydrate 6 g **2%**

Dietary Fiber 2 g **7%**

Total Sugars 1 g

Includes 0.0000 Added Sugars **0.000**

Protein 1 g

Vitamin D 0.0000 mg **0%**

Calcium 30 mg **2%**

Iron 0.5 mg **2%**

Potassium 90 mg **2%**

*The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
003382831601	759259	10033828316012	1 X 20.00 LBR	

Brand	Brand Owner	GPC Description
LAKESIDE FOODS INC	Lakeside Foods Inc.	Vegetables - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
21 LBR	20 LBR	USA	Undeclared	

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.938 INH	9.313 INH	9.125 INH	0.7346 FTQ	13x 8	730	-20 FAH / 0 FAH

Ingredients :

GREEN BEANS

Allergens(C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info

Eggs - N	Milk - N	Peanuts - N
Soy - N	Wheat - N	TreeNuts - N
Fish - N	Crustacean - N	

Handling Suggestions :

KEEP FROZEN

Benefits :

A low calorie food, a fat free food, a cholesterol free food, a sodium free food, natural, vegetarian, vegan.

Serving Suggestions :

112

Prep & Cooking Suggestions :

Stove Top Cooking Instructions:

1. Place the desired amount of frozen vegetable in a small amount (1/2 to 1 cup) of boiling salted water.
2. Bring the water rapidly to a second boil. Cover the pan and reduce heat.
3. Cook gently for 7 to 9 minutes or until tender. Avoid overcooking.

Microwave Oven Cooking Instructions:

1. To cook 16 ounces, place frozen vegetables in a 2-quart microwave safe casserole dish with good fitting cover.
 2. Add two tablespoons of water and cook on high setting for three minutes.
 3. Stir the vegetables and cook on high for an additional 5 to 7 minutes.
 4. Allow the casserole to stand for 2 minutes after cooking before opening.
- Microwave cooking times vary with ovens - avoid over cooking.
Cook to 165°F for quality and food safety.

More Information :