

Recipe Production

Printed: 06/22/2025 1:42 PM

Recipe Number: OU017

Recipe Name: Honey Ginger Green Beans

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	4,148.6346	46.6178	41.4863		
Saturated Fat	g	4.3517	0.0489	0.0435	0.94	
Sodium	mg	11,148.8380	125.2784	111.4884		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	19.1601	0.2153	0.1916	4.16	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	980.7952	11.0211	9.8080	94.57	
Total Dietary Fiber	g	222.1787	2.4966	2.2218		
Protein	g	170.6609	1.9177	1.7066	16.45	
Vitamin A (RE)	RE	5,318.4588	59.7630	53.1846		
Vitamin A (IU)	IU	54,779.4669	615.5515	547.7947		
Vitamin C	mg	1,002.6518	11.2667	10.0265		
Calcium	mg	3,184.9081	35.7885	31.8491		
Iron	mg	92.1784	1.0358	0.9218		
Moisture	g	7,624.8329	85.6795	76.2483		
Ash	g	103.8009	1.1664	1.0380		

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
2590	BEAN GREEN 28 LB	1.00	(Unassigned)	17	0.50	LB	/
2568	GINGER ROOT 1 LB	1.00	(Unassigned)	0	0.30	CS (1 LB)	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.18	LB	/
1035	SAUCE SOY 6/HALF GAL	1.00	(Unassigned)	0	0.16	JUG (HALF GAL)	/
1205	HONEY 6/5 LB	1.00	(Unassigned)	0	0.19	JUG (5 LB)	/

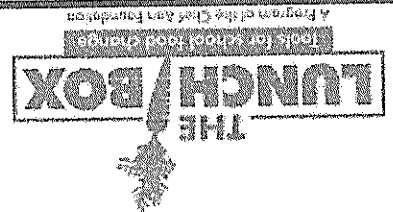
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Recipe Production



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HACCP Process Category: Same Day

Hot: Yes Recipe Source: TBD

Serving Description: 1/2 Cup (1.95oz.)

Projected Yield	Quantity	Serving Size	Actual Yield	Quantity	Serving Size	Leftovers	Disposition
	100	1/2 Cup					

Labor	Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2590	BEAN GREEN 28 LB	17	Pound	8	Ounce	(Unassigned)
2568	GINGER ROOT 1 LB	1	Cup	7	Tbsp	(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	9	Tbsp	1 1/2	tsp	(Unassigned)
1035	SAUCE SOY 6/HALF GAL	1	Cup	4	Tbsp	(Unassigned)
1205	HONEY 6/5 LB	1	Cup	4 1/4	Tbsp	(Unassigned)

Cooking Instructions	Cooking Temperature:	Cooking Times:	Hours:	Minutes:
	0		0	0

Preparation Instructions

1. Blanch the green beans in boiling water for 2 minutes and then immediately put into an ice bath to shock.
2. Mince the ginger and garlic.

Serving Instructions

1. In a skillet or sauce pan over low heat, combine soy sauce, honey, ginger, and garlic and simmer for 10 minutes.
2. Combine the green beans with the sauce in hotel pans until fully coated.
3. Transfer to hotel pans for service and cover.
4. Hold hot above 140 degrees until service.

Serving = 1/2 cup (1.95oz)