

BEANS, LIMA (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
162 cal	31 g	9 g	0 g	0 mg	136 mg	45 mg

Ingredient

WATER
SALT
BEANS,LIMA,FROZEN

Weight

18-3/4 lbs
5/8 oz
27 lbs

Measure

2 gal 1 qts
1 tbsp
4 gal 2-2/3 qts

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add lima beans; stir well. Return to a boil; cover.
- 4 Reduce heat; cook for 6 to 12 minutes.
- 5 Place lima beans in serving pan. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.