



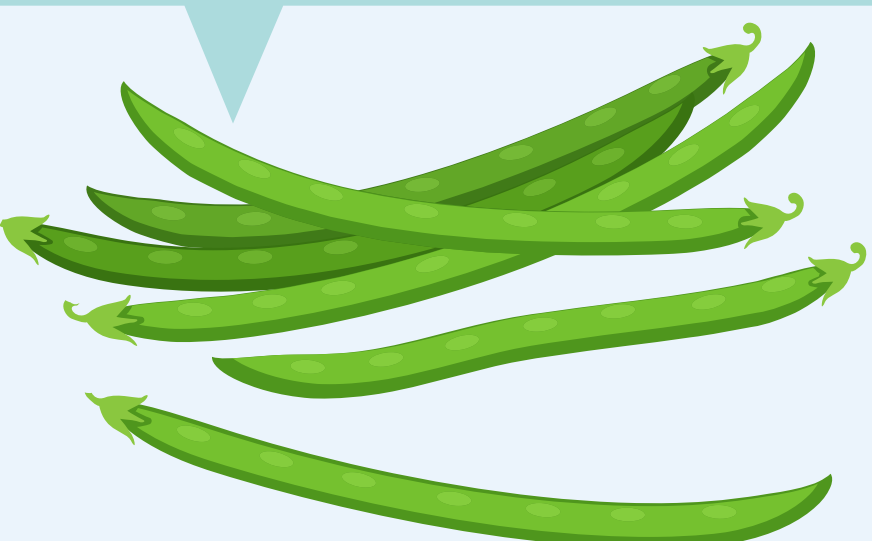
GREEN BEANS NUTRITION FACTS



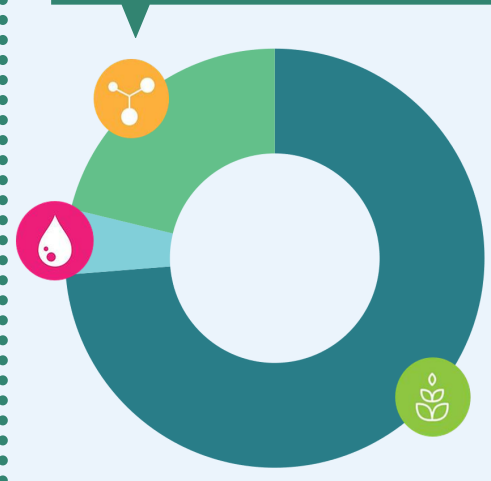
CALORIES 31/100GM

	AMOUNT
CARBOHYDRATE	6.97 G
FAT	0.22 G
PROTEIN	1.83 G
CHOLESTEROL	0.00
FIBER	2.7 G
RIBOFLAVIN	0.104 MG
SODIUM, NA	6 MG
THIAMIN	0.082 MG

	AMOUNT
NIACIN	0.734 MG
VITAMIN A	35 MCG
VITAMIN B12	0.00
VITAMIN B6	0.141 MG
VITAMIN C	12.2 MG
VITAMIN D	0.00
FOLATE	33 MCG

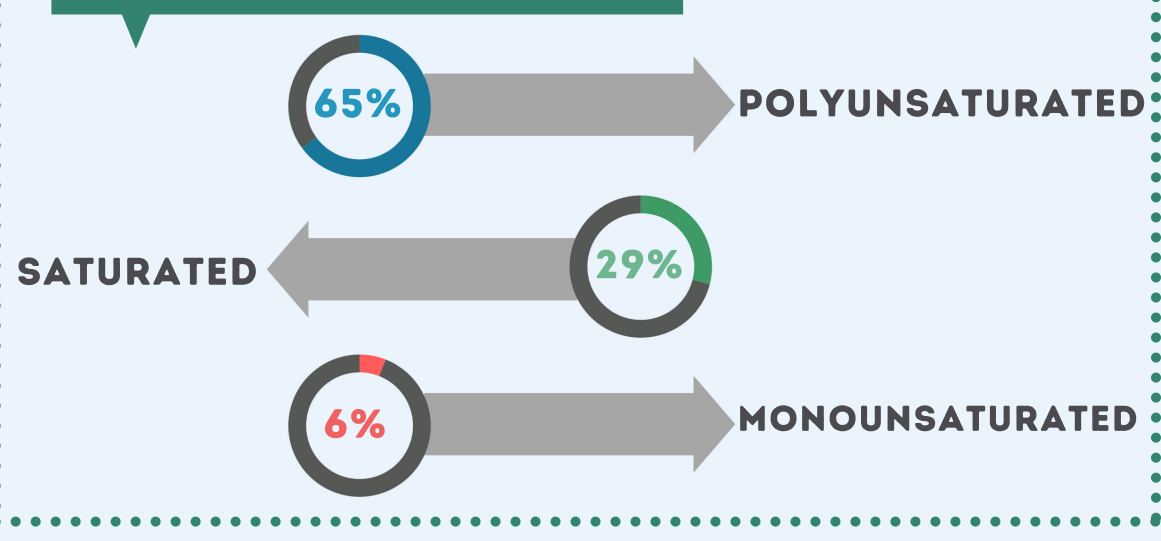


CALORIES BY SOURCE



- CARBOHYDRATE 73%
- FAT 5%
- PROTEIN 21%

FATS AND FATTY ACIDS



GREEN BEANS OTHER NAMES

- PHASEOLUS VULGARIS
- FRENCH BEANS
- STRING BEANS
- SNAP BEANS
- SNAPS
- HARICOT VERT
- BAGUIO BEANS

MINERALS IN GREEN BEANS

37 MG	CALCIUM, CA	3 % (DV)
0.069 MG	COPPER, CU	8 % (DV)
1.03 MG	IRON, FE	6 % (DV)
25 MG	MAGNESIUM, MG	6 % (DV)
0.6 MCG	SELENIUM, SE	1 % (DV)
38 MG	PHOSPHORUS, P	5 % (DV)
211 MG	POTASSIUM, K	4 % (DV)
0.24 MG	ZINC, ZN	2 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.