



Harvest of the Month

Green Beans

Nutrition Facts

Serving Size: 1 cup beans, snap (110g)

Calories 34

Calories from Fat 1

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	15%
Sugars 2g	
Protein 2g	
Vitamin A 15%	Calcium 4%
Vitamin C 30%	Iron 6%

Source: www.nutritiondata.com



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