



Nutritional Fact Sheet

FD Green Beans

Ingredients: Freeze Dried Green Beans

Description & Directions: Freeze Dried Green Beans are ready to eat or use in quick cooking dishes. 1 pound of freeze dried greenbeans replaces 11 pounds of fresh.

Storage & Shelf-life: Store in original container in a cool, dry location, for 18 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	4g (app. 1/4 cup)
Energy (Calories)	363.93	14.5572
Total Fat	1.18g	0.0472g
Saturated Fat	0.26g	0.0104g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	59.02mg	2.3608mg
Total Carbohydrates	70.33g	2.8132g
Dietary Fiber	33.44g	1.3376g
Sugars	25.57g	1.0228g
Protein	18g	0.72g
Vitamin A (IU)	6570.49	262.8196
Thaimin-B1	0.83mg	0.0332mg
Riboflavin	1.03mg	0.0412mg
Niacin	7.4mg	0.296mg
Vitamin B-6	0.73mg	0.0292mg
Vitamin C	160.33mg	6.4132mg
Calcium	363.93mg	14.5572mg
Iron	10.23mg	0.4092mg
Phosphorus	373.77mg	14.9508mg
Potassium	2055.74mg	82.2296mg

Plant Location: 806 Rivit Street, Greenville, NC 27834

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