



# Nutritional Fact Sheet

## Green Beans

**Ingredients:** Dehydrated Green Beans.

**Description & Directions:** Fresh, mature, green beans are washed, trimmed, diced, and dried to specifications. Rehydrate in boiling water for 7-10 minutes, or in cold water for 1-2 hours. Use 2 parts water to 1 part product. Rehydration ratio is about 1:10.

**Storage & Shelf-life:** Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	14g (app. 1/4 cup)
Energy (Calories)	304	42.56
Total Fat	1.18g	0.1652g
Saturated Fat	0g	0g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	59mg	8.26mg
Total Carbohydrates	70.11g	9.8154g
Dietary Fiber	10.8g	1.512g
Sugars	25.5g	3.57g
Protein	17.87g	2.5018g
Vitamin A (IU)	6900	966
Thaimin-B1	0.82mg	0.1148mg
Riboflavin	1.03mg	0.1442mg
Niacin	7.38mg	1.0332mg
Vitamin B-6	0.73mg	0.1022mg
Vitamin C	160.1mg	22.414mg
Calcium	363mg	50.82mg
Iron	10.21mg	1.4294mg
Phosphorus	373mg	52.22mg
Potassium	2052mg	287.28mg

Plant Location: 806 Rivit Street, Greenville, NC 27834

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