



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
Calories	362.54 kcal
Protein	17.87 g
Total Carbohydrate	70.11 g
Sugars	17.86 g
Added Sugars	0.00 g
Dietary Fiber	10.80 g
Total Fat	1.18 g
Saturated Fat	0.26 g
Cholesterol	0.00 mg
Thiamin – B1	0.82 mg
Riboflavin – B2	1.03 mg
Niacin – B3	7.38 mg
Vitamin B6	0.73 mg
Vitamin C	160.10 mg
Vitamin D	0.00 mcg
Calcium	363.00 mg
Iron	10.21 mg
Phosphorus	373.00 mg
Potassium	2052.00 mg
Sodium	59.00 mg
Trans Fat	0.00 g