



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)	304.00	42.56
Total Fat	1.18g	0.17g
Saturated Fat	0.00g	0.00g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	59.00mg	8.26mg
Total Carbohydrates	70.11g	9.82g
Dietary Fiber	10.80g	1.51g
Sugars	25.50g	3.57g
Protein	17.87g	2.50g
Vitamin A (IU)	6900.00	966.00
Thaimin-B1	0.82mg	0.11mg
Riboflavin	1.03mg	0.14mg
Niacin	7.38mg	1.03mg
Vitamin B-6	0.73mg	0.10mg
Vitamin C	160.10mg	22.41mg
Calcium	363.00mg	50.82mg
Iron	10.21mg	1.43mg
Phosphorus	373.00mg	52.22mg
Potassium	2052.00mg	287.28mg

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