

## BEANS: GREEN OR YELLOW

Available in green and yellow, beans are also known as string beans, snap beans or wax beans.

**Usage:** May be eaten raw, steamed, baked, added to salads and casseroles.

**Selection:** Look for fresh, clean beans that are tender, crisp and well shaped. The most tender beans will be thin but can be either long or short. Pick beans with smooth skin.

**Avoid:** Avoid beans that are tough and discolored - this is a sign that they are not fresh. Also avoid beans that are soft, wrinkled, or have lumpy sections along the length.

**Storage:** Wash and dry beans in water before refrigeration, but do not snap off the ends before storing. Beans will keep for several days in a plastic container, but are best when used immediately.

## Nutrition Facts

Serving Size 1/2 cup beans  
Servings Per Container

Amount Per Serving

Calories 20      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 5g      2%

Dietary Fiber 2g      8%

Sugars --g

Protein 1g

Vitamin A 6%      • Vitamin C 15%

Calcium 2%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

