



Freeze Dried Green Beans



Serving Suggestion
Photo Enlarged to Show Texture

DIRECTIONS

Soak 1 cup of green beans in 1 cup of cool water for 5-7 minutes, or until hydrated. Drain any excess water.

INGREDIENTS

Green Beans

Allergens: None

NET WT 3.0 oz (84 g)

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Nutrition Facts

Serving Size: 1/4 cup (3g)
Servings Per Container: 28

Amount Per Serving

Calories 10 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 2g **1%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 1g

Vitamin A 0% • Vitamin C 8%

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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:	Fat 9	Carbs 4	Protein 4

FDA Plant # 4909

