



Nutrition Panel: Frozen Cut Green Beans

Nutrition Facts	
Serving Size 1/2 Cup (85g)	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 135mg	4%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 1g	
Vitamin A 10%	Vitamin C 6%
Calcium 4%	Iron 4%
*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 30g 35g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	Less than 3,500mg 3,500mg
Total Carbohydrate	100g 175g
Dietary Fiber	25g 30g