

Full Report (All Nutrients) 45110362, WHOLE ORGANIC GREEN BEANS, UPC: 032601025113
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Report Date: September 17, 2019 08:34 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Nutrient	Unit	Data points	Std. Error	0.75 cup 85g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	25	29
Protein	g	--	--	1.00	1.18
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	5.00	5.88
Fiber, total dietary	g	--	--	3.0	3.5
Sugars, total	g	--	--	1.00	1.18
Minerals					
Calcium, Ca	mg	--	--	40	47
Iron, Fe	mg	--	--	0.72	0.85
Sodium, Na	mg	--	--	0	0
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	3.6	4.2
Vitamin A, IU	IU	--	--	500	588
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids
Other
Ingredients

 ORGANIC GREEN BEANS *Date Available: 07/18/2017 Date Last Updated by Company: 07/18/2017*