

**Full Report (All Nutrients) 45346874, WHOLE GREEN BEANS, UPC: 046567002071**
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**Report Date: June 18, 2019 06:54 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

Manufacturer RALEY'S

Nutrient	Unit	Data points	Std. Error	0.5 cup 120g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	20	17
Protein	g	--	--	1.00	0.83
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	4.00	3.33
Fiber, total dietary	g	--	--	2.0	1.7
Sugars, total	g	--	--	2.00	1.67
<b>Minerals</b>					
Calcium, Ca	mg	--	--	20	17
Iron, Fe	mg	--	--	0.72	0.60
Potassium, K	mg	--	--	74	62
Sodium, Na	mg	--	--	290	242
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	--	--	3.6	3.0
Vitamin A, IU	IU	--	--	200	167
<b>Lipids</b>					
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**

 GREEN BEANS, WATER AND SALT. *Date Available:* 01/19/2018 *Date Last Updated by Company:* 01/19/2018