

# Wax Bean

Fabaceae *Phaseolus vulgaris*

(analysis based on boiled, drained wax bean)



## Serving Size

- 1/2 Cup
- 61 Grams
- 21 Calories
  - 7% from fat
  - 13% from protein
  - 80% from carbohydrate
- 1 Gram Protein
- 5 Grams Carbohydrate
  - 2 grams dietary fiber
- 0.2 Gram Fat
- 54 Grams Water
- 2 Milligrams Sodium

