

# Green Beans

## Nutrition Facts

Serving Size: ½ cup green beans, fresh  
(50g)

Calories 16                      Calories from Fat 0

% Daily Value

Total Fat 0g                      0%

Saturated Fat 0g                      0%

Trans Fat 0g

Cholesterol 0mg                      0%

Sodium 3mg                      0%

Total Carbohydrate 3g                      1%

Dietary Fiber 1g                      6%

Sugars 2g

Protein 1g

Vitamin A 7%                      Calcium 2%

Vitamin C 10%                      Iron 3%

Other nutrients: Vitamin K (9%)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11052

# Green Beans

## Nutrition Facts

Serving Size: ½ cup green beans, canned (63g)	
Calories 15	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	6%
Sugars 1g	
Protein 1g	
Vitamin A 5%	Calcium 2%
Vitamin C 6%	Iron 4%

Other nutrients: Vitamin K (37%), Folate (6%)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11729



