

Green Beans

Nutrition Facts	
Serving Size 1 3 oz spoodle (76g)	
Servings Per Container 1	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol	
Sodium 0mg	0%
Potassium 180mg	5%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	10%
Sugars 2g	
Protein 1g	
Vitamin A 8%	• Vitamin C 15%
Calcium 4%	• Iron 4%
Thiamin 4%	• Riboflavin 4%
Niacin 2%	• Vitamin B6 2%
Folacin 2%	• Vitamin B12
Phosphorus 4%	• Zinc 2%
*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
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	* Carbohydrate 4 * Protein 4