

GREEN BEANS

GROWN IN MINNESOTA



Nutrition Facts

Serving Size 1 cup (111g)

Calories 34	% Daily Value
Total fat 0g	0%
Sodium 7 mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	17%
Protein 2g	

Health Benefits

- One cup of green beans provides 30% of the recommended daily value of vitamin C.
- Good source of fiber which may help regulate blood sugar levels.
- Contains vitamins B1 and B6, folate, magnesium, and potassium.

DIFFERENT USES

- Eat them roasted, grilled, sautéed, boiled, steamed or raw.
- Snap off the ends and dunk in low fat ranch, hummus, or yogurt dip.
- Mix into a stir fry with other vegetables and brown rice.
- Sauté green beans until tender in a small amount of oil then seasonings.

FUN FACT

- There are 130 different varieties of green beans.
- Grown and harvested fresh in Minnesota from June through September.
- Minnesota has produced about 6,000 acres of green beans for canning and 500 acres for farmers markets and grocery stores each year.
- The snapping noise made when broken is the reason for the green beans nickname of snap beans.