

## A-STEAMED GREEN BEAN

 1 8-10 green bean

### INGREDIENTS

- 80 grams of beans, snap, green, cooked, boiled, drained, without salt

### NUTRITIONAL INFORMATION

	PER 100 g	PER 8-10 GREEN BEAN (80 g)	% DRI
ENERGY	35 kcal	28 kcal	1 %
FAT	0 g	0 g	0 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	0 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	1 mg	1 mg	0 %
CARBOHYDRATE	8 g	6 g	2 %
SUGARS	4 g	3 g	—
FIBER	3 g	3 g	10 %
PROTEIN	2 g	2 g	—