

**GFS Cut Green Beans, Mixed Sieve, Grade A, IQF, 30 Lb Bag, 1/Case**

Item Number: 285630



These green beans are prepared from clean pods of the bean plant. The pods are then stemmed, and cut into one inch segments before being blanched, sorted, drained, and then frozen.

1/Case

\$32.80
\$0.07/oz

QTY

Nutrition

Based On: AP Bean, Green, Cut, Fz, GFS



Rounding:

On

**Ingredients**

Green beans. COMMON ALLERGENS PRESENT: None. Nutrition & Ingredient statement updated July 2013. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 0.66 cup (85g)	
Amount Per Serving	
Calories 30	
	% Daily Value *
Fat 0g	n/a
Saturated Fat	0g n/a
Trans Fat	0g
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 6g	2%
Fiber	2g 8%
Sugar	2g
Protein 1g	2%
Vitamin A IU 4% Vitamin C 4% Calcium 4% Iron 4%	
* Based on a 2000 calories diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	2.4 mg

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	0.72 mg
Manganese	n/a
Iodine	n/a

Additional Images

