

MICRODRIED® GREEN BEANS
1" CUT



Analysis Name	Results	Units (per 100g)
Calories	310	Cal
Carbohydrates	69.70	g
Total Sugars	32.60	g
Sucrose	3.60	g
Fructose	13.90	g
Glucose	15.10	g
Lactose	0	g
Maltose	0	g
Added Sugar	0	g
Total Fat	2.20	g
Trans Fat	0	g
Saturated Fat	0.50	g
Monounsaturated Fat	0.10	g
Polyunsaturated Fat	1.13	g
Cholesterol	0	mg
Total Dietary Fiber	27	g
Protein	18.30	g
Vitamin A (Beta Carotene)	6,900	IU
Vitamin C	122	mg
Vitamin D	0	mcg
Calcium	370	mg
Iron	10.30	mg
Sodium	60	mg
Potassium	2110	mg
Ash	6.60	g

*Data obtained from multiple sources including testing and literature.
Data is not lot specific and should not be considered a specification.*

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