

Almond Green Beans

Calories (kcal):	183
% Calories from Fat:	31.3%
% Calories from Carbohydrates:	58.7%
% Calories from Protein:	10.1%

Nutritional Analysis per Serving

Total Fat (g):	7g	11%
Trans Fat (g):	trace	N/A
Trans Monoenic Fat (g):	trace	N/A
Trans Polyenoic Fat (g):	trace	N/A
Saturated Fat (g):	1g	3%
Monounsaturated Fat (g):	4g	19%
Polyunsaturated Fat (g):	2g	8%
Total Carbohydrate (g):	30g	10%
Dietary Fiber (g):	5g	19%
Total Sugars (g):	20g	N/A
Sucrose (g):	1g	N/A
Glucose (g):	9g	N/A
Fructose (g):	10g	N/A
Lactose (g):	0g	N/A
Maltose (g):	trace	N/A
Galactose (g):	1g	N/A
Includes Added Sugars:	0g	
Sugar Alcohol:	0g	
Protein (g):	5g	10%
Cholesterol (mg):	0mg	0%
Ash (g):	3g	N/A
Water (g):	138g	N/A
Starch (g):	2g	N/A
Calcium (mg):	89mg	7%
Copper (mg):	trace	24%
Iron (mg):	2mg	9%
Magnesium (mg):	64mg	15%
Manganese (mg):	1mg	35%
Phosphorus (mg):	105mg	8%
Potassium (mg):	336mg	7%
Selenium (mcg):	2mcg	3%
Sodium (mg):	584mg	25%
Zinc (mg):	1mg	7%
Betaine (mg):	trace	N/A
Carotene Alpha (mcg):	82mcg	N/A
Carotene Beta (mcg):	333mcg	N/A
Choline (mg):	8mg	1%
Cryptoxanthin Beta (mcg):	trace	N/A
Dihydrophyloquinone (mcg):	0mcg	N/A
Folacin (mcg):	0mcg	0%
Folate DFE (mcg):	24mcg	6%
Folate Food (mcg):	24mcg	N/A
Folate Total (mcg):	24mcg	N/A
Lutein Zeaxanthin (mcg):	755mcg	N/A
Lycopene (mcg):	trace	N/A
Menaquinone (mcg):	0mcg	N/A
Niacin (mg):	1mg	7%
Pantothenic Acid (mg):	trace	4%
Retinol (mcg):	0mcg	N/A
Tocopherol Beta (mg):	trace	N/A
Tocopherol Delta (mg):	trace	N/A
Tocopherol Gamma(mg):	trace	N/A

Vitamin A (r.e.):	31RE	3%
Vitamin A (i.u.):	624IU	12%
Thiamin B1 (mg):	.1mg	12%
Riboflavin B2 (mg):	.3mg	21%
Vitamin B6 (mg):	.1mg	5%
Vitamin B12 (mcg):	0mcg	0%
Vitamin B12 Added (mcg):	0mcg	N/A
Vitamin C (mg):	16mg	17%
Vitamin D (mcg):	0mcg	0%
Vitamin D (i.u.):	0IU	0%
Vitamin D2 (mcg):	0mcg	N/A
Vitamin D3 (mcg):	0mcg	N/A
Vitamin E (mg):	4mg	26%
Vitamin E added (mg):	0mg	N/A
Vitamin K (mcg):	52mcg	43%
Alcohol (kcal):	0	N/A
Beta Sitosterol (mg):	18mg	N/A
Caffeine (mg):	0mg	N/A
Campesterol (mg):	1mg	N/A
Fluoride (mcg):	23mcg	N/A
Phytosterols (mg):	1mg	N/A
Stigmasterol (mg):	1mg	N/A
Theobromine (mg):	0mg	N/A
Alanine (g):	trace	N/A
Arginine (g):	trace	N/A
Aspartic Acid (g):	1g	N/A
Cystine (g):	trace	N/A
Glutamic Acid (g):	1g	N/A
Glycine (g):	trace	N/A
Histidine (g):	trace	N/A
Hydroxyproline (g):	0g	N/A
Isoleucine (g):	trace	N/A
Leucine (g):	trace	N/A
Lysine (g):	trace	N/A
Methionine (g):	trace	N/A
Phenylalanine (g):	trace	N/A
Proline (g):	trace	N/A
Serine (g):	trace	N/A
Threonine (g):	trace	N/A
Tryptophan (g):	trace	N/A
Tyrosine (g):	trace	N/A
Valine (g):	trace	N/A
% Refuse:		

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0

Tocotrienol Alpha (mg):	trace	N/A
Tocotrienol Beta (mg):	0mg	N/A
Tocotrienol Delta (mg):	0mg	N/A
Tocotrienol Gamma (mg):	0mg	N/A

Other Carbohydrates: 0

**The Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.*