



# Bean, Green

## Purchasing Specifications

### Availability:

Year round

### Growing Regions:

Canada, Ecuador, Guatemala, Mexico, Nicaragua, Peru, USA

### Receiving Information:

- Retain moisture: Wash beans before refrigeration to prevent from drying out.
- Pitted, loss of moisture: Evidence of chilling injury.
- Selection: Use beans that are free from obvious dark spots. The best beans are the ones that are firm and snap when they are bent.
- Stocking: Snap bean containers should be stacked to allow maximum air circulation.

### Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No

- Usage: Good for eating fresh, freezing, canning.
- Taste: Nutty
- Storage Quality: Round seeds with long, straight pods
- Shape: Rumpled
- Outside Coloring: Silvery green
- Flesh Description: Tender, meaty
- The different varieties of beans contain different nutrients that promote health including fiber, folate and vitamin C that help to prevent cancer. Beans can be found to be fat-free, saturated fat-free, cholesterol-free, low in calories, very low sodium, a good source of vitamin C, iron, folate, phosphorus, copper, magnesium and potassium depending on the variety.

## Nutrition Facts

**Serving Size: 1 cup; fresh, cooked (no salt or fat added)**

Amount Per Serving

Calories 44	Fat Calories
Amount Per Serving	
	% Daily Value*
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 1mg	0%
Total Carbohydrates 10g	8%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 2g	0%
Potassium 181mg	4%
Vitamin A 6%	Vitamin C 16%
Calcium 6%	Iron 5%