



Bean, Green, Snipped/Trimmed

Purchasing Specifications

Availability:

Year round

FreshCut produce general cold-chain management:

- Regardless of the greatness of our quality... if the cold chain is broken, it destroys the integrity of our produce.
- Temperatures below 32°F destroy the cell structure of the produce and cause it to bleed and go limp.
- Temperatures above 40°F cause the shelf life to be shortened drastically.
- Take extra care to maintain accurate temperatures in coolers and keep them well maintained to avoid breakdowns.
- Pay close attention during the season changes.

FreshCut produce general cooler tips:

- The coolest place in the cooler is in the back on the lowest storage shelf (cold air drops).
- Make sure coils are cleaned on regular basis.
- Keep strip curtains in good condition and straight.
- Always keep the cooler door closed.
- Keep trips in and out of the cooler to a minimum.



- 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
% 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%