

Nutrition Facts

Green Beans **Serving size (100g)**

Amount Per Serving

Calories

30

www.ihcare.ae % Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 0.85mg	4%
Potassium 0mg	0%
Vitamin A 352mcg	4%
Vitamin C 10.5mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.