

# GREEN BEANS



Green beans originated in the Andes Mountain Range thousands of years ago. The Andes are located in South America. Can you find South American on a map?

## PRODUCE PARTICULARS

Green beans are sometimes called snap beans or string beans.

There are more than 130 varieties of green beans! Green beans grow in two main ways: bush and pole. Bushes grow 1-2 feet tall. Pole beans can climb to around 10 feet tall and have to have a pole or wire to grow upright.



### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 30**

% Daily Value \*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	7g	3%
Dietary Fiber	3g	10%
Total Sugars	3g	
Includes 0g Added Sugars		0%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	40mg	2%
Iron	1mg	6%
Potassium	210mg	4%

\* 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.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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