

Green Beans, Low-Sodium, Canned

MyPlate Food Group: **Vegetable**



Product Description

- Canned green beans are U.S. Grade B or better cut green beans.
- Canned green beans are a low-sodium food.

Storage

- Store unopened green beans in a cool, clean, dry place.
- For best quality, store unused portion in the refrigerator in a nonmetal container.

Uses and Tips

- Serve canned green beans heated as a side dish, or use in a variety of main dishes, soups, and salads.

Nutrition Information

- ½ cup of green beans counts as ½ cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: ½ cup (120g) green beans, low-sodium, canned, drained

Amount Per Serving

Calories 20 **Calories from Fat** 0

-% Daily Value*

Total Fat 0g		0%
Saturated Fat 0g		0%
<i>Trans Fat</i> 0g		
Cholesterol 0mg		0%
Sodium 140mg		6%
Total Carbohydrate 4g		1%
Dietary Fiber 2g		8%
Sugars 2g		
Protein 1g		
Vitamin A 6%	Vitamin C	6%
Calcium 2%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

Green Bean Delight

Makes about 6 servings

Ingredients

1 cup onion, chopped

1 teaspoon garlic, finely chopped

1 can (about 15 ounces) low-sodium green beans, drained

Nonstick cooking spray

Directions

1. Spray a skillet with nonstick cooking spray.
2. Cook onion and garlic until tender.
3. Add green beans and heat thoroughly

Recipe adapted from SNAP-ED Connection Recipe Finder

Green Bean and Tuna Salad

Makes about 8 servings

Ingredients

14-ounce package elbow macaroni

1 can (about 15 ounces) low-sodium green beans, drained

½ can (about 6 ounces) tuna packed in water, drained and flaked with a fork

½ cup sweet pickles, diced (if you like)

½ cup onions, diced

1 cup plain low-fat yogurt

½ cup light mayonnaise

1 ½ tablespoons lemon juice

½ teaspoon pepper

Directions

1. Prepare elbow macaroni according to package directions and drain.
2. Add green beans, onions, and tuna. If using sweet pickles, add that in too.
3. Mix yogurt, mayonnaise, lemon juice, and pepper together and toss with macaroni mixture.
4. Chill before serving.

Recipe adapted from SNAP-ED Connection Recipe Finder