

# Green Beans



## About Green Beans

- Each pod contains 4 to 6 beans. Most varieties of green beans have smooth, kidney shaped beans.
- Green beans contain vitamins of the B group, vitamins C and K and minerals such as magnesium, iron and manganese.
- Green beans are a rich source of proteins, carbohydrates and dietary fibers.

## Selecting and Storing

- Green beans, if refrigerated, should be in an airtight container. Never store an opened can in the fridge, always place leftover product into a proper airtight container before storing in the fridge.
- Freezing beans is also an option to extend shelf life.

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# Green Beans & Rice Casserole

Makes: 7 servings (3/4 cup)

## Ingredients

- 1/2 cup white onion, chopped
- 2 teaspoons olive oil
- 1/2 cup brown rice, uncooked
- 1 can low-sodium green beans, drained (about 15 ounces)
- 1 can low-sodium diced tomatoes (about 15 ounces)
- 1 cup water

## Instructions

1. In a medium-size pan, cook onions in olive oil until they start to turn light brown.
2. Add the rice, green beans, tomatoes, and water.
3. Bring to a boil.
4. Cover the pot with a lid and cook over low heat for 10 minutes.

Source: [whatscooking.fns.usda.gov/recipes/food-distribution-fdd/green-bean-and-rice-casserole](https://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/green-bean-and-rice-casserole)

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(170g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 0mg	0%
Potassium 215mg	4%

\*The % Daily Value 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.

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Analyzed using EHSA Food Processor; version 11.4

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