

# Shopper's Guide

## Selection

Snap beans are available all year.

### Look for

Bright colors. Green and yellow beans should be crisp, firm, and snap when broken.

### Avoid

Beans that are wilted, flabby or that have brownish scars. Beans that have thick, tough pods are over-ripe.

## Storage

Place beans in a plastic bag and place in the crisper of the refrigerator. Beans will stay fresh in the refrigerator for 5 days.



# Recipe Collection

## Green Bean Sauté

Makes 6 servings

### Ingredients:

- 1 cup diced onion
- 1 cup sliced mushrooms
- 1 teaspoon minced garlic
- 2 cups cut green beans

### Instructions:

1. Spray a skillet with non-stick cooking spray.
2. Sauté onions, mushrooms, and garlic.
3. Add green beans. Cook until tender.

**Options:** Canned or frozen green beans can be used instead of fresh beans.

### Nutrient Data

**Serving Size for 1 cup:** Calories 30, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 200 mg, Carbohydrate 6 g, Dietary Fiber 2 g, Protein 2g, Vitamin A 6%, Calcium 2%, Vitamin C 10%, Iron 4%

# Snap Beans



The brochure is presented in partnership by:



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## Nutrition Information

### for 1 cup Snap Beans

## What's So Great about Snap Beans?

- Snap beans are a moderate source of fiber, folate and beta-carotene.
- Snap beans contain small amounts of calcium and vitamin C.
- Snap beans are low in calories, sodium, and fat.
- Snap beans are inexpensive and can be cooked quickly.



## Nutrition Facts

Serving Size 1 cup (110g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 34      Calories from Fat 1

### % Daily Value\*

**Total Fat** 0g      0%

Saturated Fat 0g      0%

**Cholesterol** 0mg      0%

**Sodium** 7mg      0%

**Total Carbohydrate** 8g      3%

Dietary Fiber 4g      15%

Sugars 2g

**Protein** 2g

Vitamin A 15%      **Vitamin C** 30%

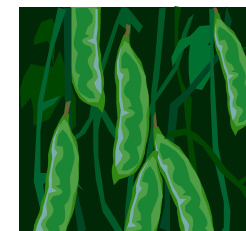
Calcium 4%      • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

## Did You Know?

Snap beans are also referred to as "bush" or "pole" because the plants are either bushy or they grow up poles. Snap beans can be green, yellow (wax), round, or flat.



*Flat Beans*



*Round Beans*

## Did You Know?

The "snapping" noise when breaking off the ends of the bean is the reason for its nickname, snap bean.

Key nutrient facts are circled in **green**.