NEP Nutrition Education Program

University of Nebraska Lincoln EXTENSION

Selection:

Choose green beans that are evenly colored and snap easily when bent. Choose tender beans without scars.

Storage:

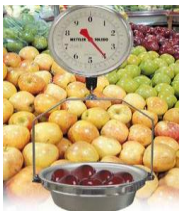
Store unwashed green beans in a plastic bag in the refrigerator for up to 5 days. Green beans can be blanched and frozen for up to 10 months.

Refrigerator: Up to 5 days
Freezer: Up to 10 months

Use:

Rinse green beans thoroughly before preparing. Cut off the stem ends. Green beans can be cooked whole or cut. They can be stir-fried, boiled, steamed, or microwaved. Cook until pods are tender.

Digital Scale:
The number on the screen = Total Weight



Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Weigh produce to find out exactly how much it will cost. Place the amount of green beans you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Green Beans

Use this table to find the total cost.
Example: What is the total cost for 2 lbs of green beans at $0.99 per lb? **2 lbs x $0.99 = $1.98**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

IANR

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Nutrition:

¾ cup cut Green Beans

Nutrition Facts	
Serving Size 3/4 cup cut beans (83g)	
Amount Per Serving	
Calories 20	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 1g	
Vitamin A 4%	Vitamin C 10%
Calcium 4%	Iron 2%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for ¾ cup of cut green beans.

Recipe:

Creamed Green Beans with Yogurt and Mushrooms

Preparation Time: 20 minutes
Serves 6
Cups of Vegetables per Serving: 1

Ingredients:

2 teaspoons olive oil
1 cup mushrooms, sliced
4 cups green beans, cooked
1 cup low-fat yogurt, plain
salt and pepper (optional)

Preparation:

1.) In a large saucepan, heat oil. Add the mushrooms and cook for 5 to 10 minutes.
2.) Add beans and yogurt. Cook for 5-10 minutes.
3.) Add salt and pepper to taste.
4.) Remove from heat and serve.

Nutrition Information per Serving:

Calories 70, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 1 mg, Sodium 34 mg, Carbohydrates 10 g, Dietary Fiber 3 g, Protein 4 g.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.