

Freeze-Dried Green Beans

Prepare

To make one serving:

- 1 Open pouch, remove oxygen absorber.
- 2 Bring 1/8 cup of water to a boil.
- 3 Add 1/4 cup of beans to water and stir.
- 4 Cover and simmer for 5-10 minutes
- 5 Remove from heat and enjoy.

Nutrition Facts

8 Servings Per Container

Serving Size 1/4 Cup (4g)

Amount per Serving

Calories **15**

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 3g **1%**

Dietary Fiber 1g **4%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 18mg **2%**

Iron 0mg **0%**

Potassium 78mg **2%**

* 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.

V2.1

INGREDIENTS: green beans.

Distributed by 4Patriots, LLC
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NET WT. 1.2 oz (32g)

Makes 8 Servings