

BEANS, GREEN CANNED

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 08/26/04

Product Description

Canned Green Beans are whole, cut, or sliced lengthwise (French style).

Pack/Yield

Green Beans are packed in a 15.5-ounce can, which yields about 2 ½-cup servings after cooking and draining.

Storage

- Store unopened cans in a cool, dry place off the floor.
- Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten shelf life and speed deterioration.
- Store opened green beans in a tightly covered nonmetallic container and refrigerate. Use within 2 to 4 days.

Uses

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

Preparation

- Canned green beans should be heated only to serving temperature and served soon after heating. Do not boil or overcook.
- Add flavor to canned green beans by seasoning with herbs and spices, including caraway, dill, or sage.



U.S. Department of Agriculture

- Serve green beans in combination with other vegetables, such as whole kernel corn, red peppers, cauliflower, broccoli, or onions.

Nutrition Information

- ½ cup of green beans provides 1 serving from the **VEGETABLE GROUP** of the **Food Guide Pyramid**.

(See recipes on reverse side)

Nutrition Facts	
Serving size ½ cup (67g) Canned Green Beans, cut style, heated, drained	
Amount Per Serving	
Calories 15	Fat Cal 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Protein <1g	
Vitamin A 4%	Vitamin C 6%
Calcium 0%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

Sautéed Green Beans

1 tablespoon vegetable oil
1 small sweet onion, diced
1 clove garlic, chopped
¼ cup slivered almonds
2 (15.5 ounce) cans green beans, drained
salt and pepper to taste

1. Heat a large skillet over medium-high heat. Sauté the onion, garlic, and almonds in vegetable oil until onions are translucent, about 5 minutes.
2. Stir in green beans and season with salt and pepper.
3. Cover skillet with lid and cook for 3 minutes, stirring a few times so mixture doesn't burn.

Recipe provided by Allrecipes.com

Makes 6 servings

Nutrition Information for each serving of Sautéed Green Beans:

Calories	60	Cholesterol	0 mg	Sugar	3 g	Calcium	40 mg
Calories from Fat	25	Sodium	480 mg	Protein	2 g	Iron	1 mg
Total Fat	3 g	Total Carbohydrate	8 g	Vitamin A	150 RE		
Saturated Fat	0 g	Dietary Fiber	3 g	Vitamin C	9 mg		

Cold Green Bean Salad

2 (15.5 ounce) cans green beans, drained
1 red onion, sliced in rings
1 (16 ounce) bottle lowfat Italian-style salad dressing

1. Place beans in a serving dish. Toss with onions and salad dressing.
2. Cover with plastic wrap, and chill for 1 hour.

Recipe provided by Allrecipes.com

Makes 8 servings

Nutrition Information for each 1 cup serving of Cold Green Bean Salad:

Calories	80	Cholesterol	<5 mg	Sugar	4 g	Calcium	40 mg
Calories from Fat	50	Sodium	730 mg	Protein	1 g	Iron	1 mg
Total Fat	6 g	Total Carbohydrate	8 g	Vitamin A	120 RE		
Saturated Fat	1 g	Dietary Fiber	2 g	Vitamin C	6 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

U.S. Department of Agriculture • Food and Nutrition Service

USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W Whitten Building, 14th & Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.