



WESTERN WISCONSIN HEALTH

ITALIAN GREEN BEANS (GLUTEN FREE)

- 1 can drained green beans
- 1 medium tomato, diced
- Italian seasoning
- Parmesan cheese

Nutrition Facts

Serving Size (291g)
Servings Per Container

Amount Per Serving

Calories 70 **Calories from Fat 10**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 770mg **32%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **8%**

Sugars 6g

Protein 4g

Vitamin A 10% • Vitamin C 25%

Calcium 10% • Iron 4%

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

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Drain the canned green beans. Dice the tomato. Mix all the ingredients together to taste. Eat cold, or microwave until hot.

NUTRITION FACTS: Serving size: 2 servings