



WESTERN WISCONSIN HEALTH

SWEET AND SOUR GREEN BEANS **(GLUTEN FREE)**

- 2 C. frozen string beans
- 1/2 C. sugar substitute
- 1/2 C. vinegar
- 1/4 C. water
- 1/2 C. onions, chopped
- 4 strips fried turkey bacon (pat away extra grease with paper towel), crumbled
- Salt and pepper

Nutrition Facts

Serving Size (146g)
Servings Per Container

Amount Per Serving

Calories 130 **Calories from Fat 70**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 2g **10%**

 Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 530mg **22%**

Total Carbohydrate 9g **3%**

 Dietary Fiber 2g **8%**

 Sugars 3g

Protein 8g

Vitamin A 8% • Vitamin C 15%

Calcium 6% • 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:

		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

Mix and cook over stove until beans are tender-crisp. You may add more sugar substitute or vinegar to your taste.

NUTRITION FACTS: Serving size: 1/2 cup per serving, 4 servings