

# Fresh Green Beans



Green beans, also known as french beans or snap beans, are tender, elongated, firm yet flexible edible pods of bean plant. Research reveals that beans originated in South America, where they were cultivated by the Mayans and Inca Indians. But they've been part of the Mexican diet for over 7,000 years. Beans migrated northeast with the Spaniards, who carried them back to Europe. Today, of course, beans are grown on several continents, including Asia, Europe, the Middle East, and throughout the Americas. Almost 60 percent of the world's green beans (sometimes called string beans) are grown in the U.S.

## Health benefits of Green beans

- Fresh green beans are very low in calories (31 calories per 100 g of raw bean pods) and contain no saturated fat. Nevertheless, these lean pod vegetables are a very good source of vitamins, minerals, and plant derived micronutrients.
- The beans are very rich source of dietary fiber (9% per 100g RDA) which acts as a bulk laxative.
- Green beans contain excellent levels of vitamin A.
- They also carry good amounts of vitamin-B6 (pyridoxine), thiamin (vitamin B-1), and vitamin-C. Consumption of foods rich in vitamin C helps the body develop resistance against infectious agents and scavenge harmful oxygen-free radicals.
- In addition, beans contain healthy amounts of minerals like iron, calcium, magnesium, manganese, and potassium, which are very essential for body metabolism.