

07288

Seneca Foods Corp.

Nutritional Data

Green beans, Brine pack, all styles

Nutrition Facts*		
Serving Size 1/2 Cup (120g)		
Servings Per Container see below		
Amount Per Serving		
Calories	20	Calories from fat 0
%Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	380mg	16%
Potassium	75mg	2%
Total Carbohydrate	4g	1%
Dietary Fiber	2g	8%
Sugars	2g	
Protein	less than 1g	
Vitamin A 4%		Vitamin C 6%
Calcium 2%		Iron 0%
*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
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Potassium		3,500mg 3,500mg
Total Carbohydrates		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrates 4 • Protein 4		

INGREDIENTS: GREEN BEANS, WATER, SALT.

Container Size	Weight		Servings	Label Dimensions		
				width	height	unvarnished lap
211 x 304	8 oz	227g	about 2	8 5/8"	2 29/32"	1/2" right
300 x 407	14.5 oz	411g	about 3.5	9 5/8"	4 3/32"	1/2" right
401 x 411	28 oz	794g	about 7	12 7/8"	4 3/8"	1/2" right
401 x 602	38 oz	1.08kg	about 9	12 7/8"	5 13/16"	1/2" right
603 x 700	6 lb 5 oz	2.86kg	about 24	19 5/8"	6 5/8"	1/2" right

*This is not camera ready art!

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