



Green Beans

Health Benefits of Green Beans

A common holiday favorite, green beans are rich in antioxidants, fiber and even protein. But health benefits can be reduced by mixing with unhealthy added ingredients.

1 cup of raw or 1/2 cup cooked green beans provides:

- 31 calories, 2 gm protein, 3 gm fiber, no fat, no cholesterol

Potential benefits of green beans:

- Excellent source of antioxidants vitamins C, K and beta-carotene and a good source of B vitamins folate, riboflavin, thiamin
- High in potassium and low in sodium for healthy blood pressure; Canned beans can be higher in sodium
- Manganese supports bone health; Magnesium is required for nerve transmissions, energy production and muscle contraction including maintaining heart rhythm
- Contains both soluble and insoluble fiber for healthy blood sugars, lowering cholesterol and maintaining digestive health
- Use fresh beans in salads or serve with dips; Toss into soups or stews; Boil, steam, microwave, roast and toss with garlic for a healthy alternative to Thanksgiving green bean casserole



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