



SunSource Merit

1071570227 - Beans Green Regular Cut lqf Frozen

A low calorie food, a fat free food, a cholesterol free food, a sodium free food, vegetarian, vegan.



Nutrition Facts

Serving size	81 Grams
Amount per serving	
Calories	30
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes	Added Sugars
	%
Protein 1g	
Vitamin D 0mg	0%
Calcium 30mg	2%
Iron 0.5mg	2%
Potassium 90mg	1%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* Benefits

Ingredients

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- dairy
- peanuts
- soy
- tree nuts
- wheat

Handling Suggestions

📄 Product Specifications

Serving Suggestions

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Prep & Cooking Suggestions

Stove Top Cooking Instructions:

- Place the desired amount of frozen vegetable in a small amount (1/2 to 1 cup) of boiling salted water.
- Bring the water rapidly to a second boil. Cover the pan and reduce heat.
- Cook gently for 7 to 9 minutes or until tender. Avoid overcooking.

Microwave Oven Cooking Instructions:

- To cook 16 ounces, place frozen vegetables in a 2-quart microwave safe casserole dish with good fitting cover.
- Add two tablespoons of water and cook on high setting for three minutes.
- Stir the vegetables and cook on high for an additional 5 to 7 minutes.

Brand	Manufacturer	Product Category
SunSource Merit	Lakeside Foods Inc.	Green Beans

MFG #	SPC #	GTIN	Pack	Pack Desc.
001868700196	1071570227	10018687001965	12	12/2 lbs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
25.3 lb	24 lb	USA	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16.06 in	11.56 in	8.63 in	0.93 ft3	8x8	730 DAYS	-20°F / 0°F



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Nutrition Analysis

Calories	30	Total Fat	0 g	Sodium	0 mg
Protein	1	Trans Fats	0 g	Calcium	30 mg
Total Carbohydrates...	6 g	Saturated Fat	0 g	Iron	0.5 mg
Sugars	1 g	Added Sugars		Potassium	90 mg
Dietary Fiber	2 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(U)	0	Vitamin D	0 mg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	3 mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

