

Café Puree Green Beans

| Nutrients | Per Serving | Per 100g | Nutrients | Per Serving | Per 100g |
|--------------------------------|-------------|----------|--------------------------------|-------------|----------|
| Basic Components | | | Biotin (mcg) | 0 | 0 |
| Calories (kcal) | 140 | 155.56 | Vitamin C (mg) | 1.10 | 1.21 |
| Calories from Fat (kcal) | 81.00 | 90.00 | Vitamin D - IU (IU) | 0 | 0 |
| Calories from SatFat (kcal) | 18.00 | 20.00 | Vitamin D - mcg (mcg) | 0 | 0 |
| Protein (g) | 1.00 | 1.11 | Vitamin E - A lpha-Toco (mg) | 0.92 | 1.01 |
| Carbohydrates (g) | 14.00 | 15.56 | Folate (mcg) | 29.00 | 32.22 |
| Dietary Fiber (g) | 2.00 | 2.22 | Folate, DFE (mcg) | 14.50 | 16.11 |
| Soluble Fiber (g) | 0.05 | 0.06 | Vitamin K (mcg) | 3.76 | 4.14 |
| Total Sugars (g) | 3.00 | 3.33 | Pantothenic Acid (m g) | 0.00 | 0.00 |
| Monosaccharides (g) | | 0 0.00 | Minerals | | |
| Disaccharides (g) | | 0 0.00 | Calcium (mg) | 25.83 | 28.47 |
| Other Carbs (g) | 8.82 | 9.80 | Chromium (mcg) | 0.00 | 0.00 |
| Fat (g) | 9.00 | 10.00 | Copper (mg) | 0.00 | 0.00 |
| Saturated Fat (g) | 2.00 | 2.22 | Fluoride (mg) | 0.00 | 0.00 |
| Mono Fat (g) | 3.33 | 3.70 | Iodine (mcg) | -- | -- |
| Poly Fat (g) | 1.48 | 1.64 | Iron (mg) | 0.35 | 0.39 |
| Tr ans Fatty Acid (g) | 0.00 | 0.00 | Magnesium (mg) | 0.06 | 0.07 |
| Cholesterol (mg) | 0.00 | 0.00 | Manganese (mg) | 0.00 | 0.00 |
| Water (g) | 69.01 | 76.68 | Molybdenum (mcg) | -- | -- |
| Vitamins | | | Phosphorus (mg) Potassium (mg) | 39-120 | 43-133 |
| Vitamin A - IU (IU) | 171.22 | 188.74 | Selenium (mcg) | 0.03 | 0.04 |
| Vitamin A - RE (RE) | 17.12 | 18.87 | Sodium (mg) | 300.00 | 333.33 |
| Vitamin A - RAE (RAE) | 8.56 | 9.44 | Zinc (mg) | 0.00 | 0.00 |
| Vitamin A - Carotenoid RE (RE) | 17.12 | 18.87 | Other Fats | | |
| Vitamin A - Retinol RE (RE) | | 0 | 0 | 0 | 0 |
| Beta-Carotene (mcg) | 98.72 | 108.82 | Omega 3 Fatty A cid (g) | 0.48 | 0.53 |
| Vitamin B1 - Thiamin (mg) | 0.00 | 0.00 | Omega 6 Fatty A cid (g) | 1.00 | 1.10 |
| Vitamin B2 - Riboflavin (mg) | 0.00 | 0.00 | Other Nutrients | | |
| Vitamin B3 - Niacin (mg) | 0.00 | 0.00 | Gram Weight (g) | 90.72 | 100.00 |
| Niacin Equivalents (mg) | 0.00 | 0.00 | Alcohol (g) | 0 | 0 |
| Vitamin B6 (mg) | 0.00 | 0.00 | Caffeine (mg) | 0 | 0 |
| Vitamin B12 (mcg) | | 0 | 0 | 18.00 | 20.00 |
| | | | Choline (mg) | | |