



ANNA  
TURA

## GREEN BEANS

### ACTIVE INGREDIENTS:

Compared to other legumes, green beans contain less protein and a very high quantity of water (estimated to be around 90%); for this reason, green beans have characteristics more similar to vegetables than to legumes. They are rich in fiber, mineral salts (especially potassium) and Vitamin A, as well as a not moderate amount of Vitamin C. They contain a very small amount of glucides. Their low amount of carbohydrates, along with little protein (2,1 g%) makes green beans a hypocaloric food: only 18 kcal per 100 grams. Green beans have diuretic effects.

### CHARACTERISTICS:

Green beans are simply the immature pods of beans (*Phaseolus vulgaris*), from the Leguminose Papilionaceae family. This is an annual plant, with a climbing stalk. Its height ranges from very short to four meters tall. Although they are legumes, green beans have all of the characteristics of "simple" vegetables: in fact, as opposed to peas, beans, fava beans, chickpeas, etc. you can eat not only the seed of the plant but the entire pod. Another marked difference between traditional legumes and green beans is their calories amount.

### DID YOU KNOW?

There are many common names which different dialects in different Italian regions attribute to green beans: croissants, shingles, and eat-everything beans are just some. The best green beans are young ones, since they are not tough and they lack the side stalk that older beans have.

### ADVICE FROM THE CHEF:

*The product, cooked simply and conserved in convenient packages, can be eaten immediately upon opening the container, dressing it with extra virgin olive oil salt and lemon or else with balsamic vinegar.  
Buon appetito!!!*



GREEN BEANS  
AU NATUREL  
200 g



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Produced by: GESTIONE SERVIZI INTEGRATI srl  
Establishment Via E. Amaldi, 12 - 00015 Monterotondo (Z.I.) Rome



## Specification / Green beans

Nutritional Values for 100 g of green beans (raw)	
CALORIES	18 kcal 75 kJoule
Edible part	95%
Water	90.5 g
Carbohydrates	2.4 g
Fat	0.1 g
Protein	2.1 g
Fiber	2.9 g

Nutritional Values for 100 g of green beans (cooked)	
CALORIES	25 kcal 105 kJoule
Edible part	100%
Water	92.8 g
Carbohydrates	5.0 g
Fat	0.1 g
Protein	2.2 g
Fiber	3.9 g

Processing performed on food nutrient composition data originating from:

- food chemical composition and energy value tables of the Istituto Nazionale della Nutrizione (National Nutrition Institute) in Rome;
- food composition tables – German Institute for bromatological research of Garching-Munich.

INGREDIENTS	Plain green beans: fresh green beans with no flavoring, additives or preservatives, protective gases. MAP green beans: fresh green beans with no flavoring, additives or preservatives.
ORGANOLEPTIC PROPERTIES	Color: green. Smell: characteristic. Consistency: compacted compared to fresh product. Flavor: comparable to fresh product.
SHELF LIFE	Plain green beans: product edible for up to 12 days. MAP green beans: product edible for up to 30 days. (expiry date printed on package)
PRODUCTION PROCESS	Specialty belonging to the V gamma. High-quality, carefully selected green beans. The exclusive preparation and cooking process ensures that the organic and nutritional properties are maintained. The green beans are processed completely in hygienically controlled areas, following the directions described in the HACCP self-check program which is applied to the place of production. Ifs Food standards are applied during the production process.
STORAGE	The product should be stored cold, between 0/+4°C. The product should be consumed within 24-48 hours after opening. It is recommended to keep the product cold during the entire storage process.
PREPARATION	As is: upon opening the package, season as desired. Sautéed: pour the contents of the package into a pan and heat product over low heat for 2-4 min, then season as desired before serving. Microwave: after removing the plastic wrap, put the package directly into the microwave and heat on medium power (750W) for 2 min.
ORIGIN OF MAIN INGREDIENT	Italy and/or another EC country.
OTHER VEGETABLE MATERIAL	≤ 1%
ALLERGENS	The plain product does not contain allergens and conforms to Dir. CE 2003/89 from 10-11-03 and successive amendments relating to allergens and Regulation (UE) 1169/2011.
PACKAGING	Plain product: TRANSPARENT COPOLYMER POLYPROPYLENE AND ANTIFOG PLASTIC WRAP. MAP product: PP-EVOH-PP TRANSPARENT PACKAGE AND ANTIFOG PLASTIC WRAP. Declaration of allowance to come in contact with food (D.M. 21/3/1973 e successive amendments). D.Lgs. 142/2006-art. 226 section 4; Reg. CEE 2004.1935 CEE; Dir. CEE 2002/72-CEE and successive amendments; Dir. CEE 1994/62 - CEE. Commission Regulation (EU) 2015/174 of 5 February 2015 amending and correcting Regulation (EU) No 10/2011.
MICROBIOLOGICAL INFORMATION	Listeria monocytogenes Absent UFC/25 in accordance with REGULATION (EC) n. 2073/2005.