



## STRING BEANS

### ACTIVE INGREDIENTS:

Compared to other legumes, string beans contain less protein and a very high quantity of water (estimated to be around 90%); for this reason, string 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 string beans a hypocaloric food: only 18 kcal per 100 grams. String beans have diuretic effects.

### CHARACTERISTICS:

String 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, string 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 string beans is their calories amount.

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### DID YOU KNOW?

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

### ADVICE FROM THE CHEF:

*sauté in a frying pan with oil and salt or with balsamic vinegar to bring out the flavour.  
Enjoy your meal!*



STRING BEANS  
AU NATUREL  
200 g



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Produced by: ANNATURA srl

Establishment Via E. Amaldi, 12 - 00015 Monterotondo (Z.I.) Rome



Specification /  
String beans

Nutritional Values for 100 g of string beans

ENERGY (calories)	31 kcal / 129 kJ	Sugars	2.1
Edible part	100	Fiber	2.9
Water	90.0	Salt (mg)	4
Protein	1.7	Calcium (mg)	0
Fat	0.1	Iron (mg)	0
Saturated fat	0.02	Vitamin A (µg)	0
Carbohydrates	4.6	Vitamin C (mg)	0

Processing performed on food nutrient composition data originating from:

CREA  
Centro di ricerca Alimenti e Nutrizione

Web page:  
<https://www.crea.gov.it/alimenti-e-nutrizione>

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<https://www.alimentinutrizione.it>

INGREDIENTS	MAP string beans: fresh string 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	MAP string beans: product edible for up to 30 days.
PRODUCTION PROCESS	Specialty belonging to the V gamma. High-quality, carefully selected string beans. The exclusive preparation and cooking process ensures that the organic and nutritional properties are maintained. The string 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 entirely consumed after opening. It is recommended to keep the product cold during the entire storage process.
PREPARATION	Sauté in a frying pan for 5 minutes, or reheat in the microwave at 950 watts for 3 minutes, stirring while reheating.
ORIGIN OF MAIN INGREDIENT	Italy.
OTHER VEGETABLE MATERIAL	≤ 1%
ALLERGENS	The product does not contain allergens and is compliant with Reg. (EU) 1169/2011 as amended. Any cross-contamination is mentioned on the label.
PACKAGING	Au naturel product: TRANSPARENT COPOLYMER POLYPROPYLENE AND ANTI-FOG PLASTIC WRAP MAP product: PP-EVOH-PP TRANSPARENT BARRIER PACKAGE AND ANTI-FOG PLASTIC WRAP Declaration of compliance for food contact materials: Italian Ministerial Decree 21/3/1973 as amended; Italian Legislative Decree 152/2006 - Article 226(4); Italian Legislative Decree No. 29 of 10 February 2017; Regulation (EU) 1935/2004 as amended; Directive 2007/19/EC as amended; Regulation (EU) 10/2011 as amended; Regulation (EU) 2015/174, amending and correcting Regulation (EU) 10/2011.
MICROBIOLOGICAL INFORMATION	Listeria monocytogenes UFC/25g: Absent in accordance with REGULATION (EC) No. 2073/2005 as amended.