



SINCE 1896
S&W
PREMIUM

WHOLE GREEN BEANS

Premium Quality & Taste

NATURALLY
ONLY 2 GRAMS
PER SERVING
NET CARBS

NET WT
14.5 OZ
(411g)



PLEASE RECYCLE

MAKE IT SPECIAL WITH S&W™
S&W® Whole Green Beans come from the best of the crop to bring you unsurpassed, premium quality. Whole Green Beans are a good start towards getting your recommended daily requirement of vegetables.

Nutrition Facts
 Serving Size 1/2 cup (121g)
 Servings Per Container about 3 1/2

Amount/Serving	Calories	Calories from Fat	% Daily Value*
Total Fat 0g	20	0	0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 390mg			16%
Total Carbohydrate 4g			1%
Dietary Fiber 2g			8%
Sugars 2g			
Protein 1g			
Vitamin A 6%			• Vitamin C 4%
Calcium 2%			• Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: GREEN BEANS, WATER, SALT (FOR FLAVOR).
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 QUESTIONS OR COMMENTS? CALL 800-252-7033 (MON.-FRI.). REFRIGERATE ANY UNUSED PORTION IN A SEPARATE, COVERED CONTAINER.
 *NET CARBS PER SERVING = TOTAL CARBS MINUS FIBER

SERVING SUGGESTIONS
*Try making
 Parmesan Noodle Skillet.
 This recipe and more
 available at
 WWW.SWFINEFOODS.COM*

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