



Geography/History

Green Beans, also known as French beans (British English), string beans in the northeastern and western United States, snap beans or squeaky beans, are the unripe fruit of specific cultivated varieties of the common bean (*Phaseolus vulgaris*).



The first "stringless" bean was bred in 1894 by Calvin Keeney, called the "father of the stringless bean", while working in Le Roy, New York.

See the table below for in depth analysis of nutrients:
 Green beans (*Phaseolus vulgaris*) Raw,
 Nutritive value per 100 g.
 (Source: USDA National Nutrient data base)

Principle	Nutrient Value	Percentage of RDA
Energy	31 Kcal	1.5%
Carbohydrates	7.13 g	5.5%
Protein	1.82 g	3%
Total Fat	0.34 g	1%
Cholesterol	0 mg	0%
Dietary Fiber	3.4 g	9%
Vitamins		
Folates	37 µg	9%
Niacin	0.752 mg	5%
Pantothenic acid	0.094 mg	2%
Pyridoxine	0.074 mg	5.5%
Riboflavin	0.105 mg	8%
Thiamin	0.084 mg	7%
Vitamin A	690 IU	23%
Vitamin C	16.3 mg	27%
Vitamin K	14.4 µg	12%
Electrolytes		
Sodium	6 mg	0.4%
Potassium	209 mg	5.5%
Minerals		
Calcium	37 mg	3.7%
Iron	1.04 mg	13%
Magnesium	25 mg	6%
Manganese	0.214mg	9%
Phosphorus	38 mg	6%
Zinc	0.24 mg	2%
Phyto-nutrients		
Carotene-β	379 µg	--
Carotene-α	69 µg	--
Lutein-zeaxanthin	640 µg	--

Description/Taste

Green Bean varieties have been bred especially for the fleshiness, flavor, or sweetness of their pods. *Haricots verts*, French for "green beans", may refer to a longer, thinner type of green bean than the typical American green bean. It is known in some parts of the world as the squeaky bean due to the noise it makes on one's teeth whilst eating.

