



Geography/History

Yellow Wax Beans' ancestors are native to Central and South America. Many yellow Wax bean varieties, though, were first introduced to their respective culinary regions from Algeria. The Algerian Wax bean is responsible for the development of several varieties of Wax beans from the 18th to the 20th Century. It is considered the oldest known cultivar still in production. The Yellow Wax beans' commercial exposure as a common garden vegetable is still growing as the green bean remains the most popular and perhaps obvious choice for both home growers and farmers.



See the table below for in depth analysis of nutrients:
 Yellow wax 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

Yellow Wax Beans have a pale cornflower colored, string less pod with a translucent yellow flesh that clings tightly to its petit lime green legumes inside its shell. The label "wax" may seem less inviting in its implications, as yellow bean varieties actually have either a matte or satin finish with nearly a faint hint of wax in their texture. Yellow Wax beans, Ideally harvested young, are crisp, succulent and tender firm, with mellow grassy sweet and nutty flavors.

