

Basic Report 11029, Beans, kidney, mature seeds, sprouted, raw

Report Date: February 01, 2015 16:11 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 184g
Proximates			
Water	g	90.70	166.89
Energy	kcal	29	53
Protein	g	4.20	7.73
Total lipid (fat)	g	0.50	0.92
Carbohydrate, by difference	g	4.10	7.54
Minerals			
Calcium, Ca	mg	17	31
Iron, Fe	mg	0.81	1.49
Magnesium, Mg	mg	21	39
Phosphorus, P	mg	37	68
Potassium, K	mg	187	344
Sodium, Na	mg	6	11
Zinc, Zn	mg	0.40	0.74
Vitamins			
Vitamin C, total ascorbic acid	mg	38.7	71.2
Thiamin	mg	0.370	0.681
Riboflavin	mg	0.250	0.460
Niacin	mg	2.920	5.373
Vitamin B-6	mg	0.085	0.156
Folate, DFE	µg	59	109
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	2	4
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Lipids

Nutrient	Unit	1 Value Per100 g	1 cup 184g
Fatty acids, total saturated	g	0.072	0.132
Fatty acids, total monounsaturated	g	0.039	0.072
Fatty acids, total polyunsaturated	g	0.276	0.508
Cholesterol	mg	0	0