

Full Report (All Nutrients) 11056, Beans, snap, green, canned, regular pack, drained solids

Report Date: January 31, 2015 23:02 EST

Nutrient values and weights are for edible portion

Food Group : Vegetables and Vegetable Products

Common Name: Includes USDA commodity food A059, A061

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor: 2.44 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 135g	10.0 beans 62g	1 can (303 x 406) 262g
Proximates							
Water 2	g	93.38	4	0.134	126.06	57.90	244.66
Energy	kcal	22	--	--	30	14	58
Energy	kJ	92	--	--	124	57	241
Protein 2	g	1.12	4	0.009	1.51	0.69	2.93
Total lipid (fat) 2	g	0.46	4	0.050	0.62	0.29	1.21
Ash 2	g	0.73	4	0.232	0.99	0.45	1.91
Carbohydrate, by difference	g	4.32	--	--	5.83	2.68	11.32
Fiber, total dietary 1	g	1.9	2	--	2.6	1.2	5.0
Sugars, total 1	g	0.78	2	--	1.05	0.48	2.04
Sucrose 1	g	0.16	2	--	0.22	0.10	0.42
Glucose (dextrose) 1	g	0.29	2	--	0.39	0.18	0.76
Fructose 1	g	0.33	2	--	0.45	0.20	0.86
Lactose 1	g	0.00	2	--	0.00	0.00	0.00
Maltose 1	g	0.00	2	--	0.00	0.00	0.00
Galactose 1	g	0.00	2	--	0.00	0.00	0.00
Starch 1	g	1.00	2	--	1.35	0.62	2.62
Minerals							
Calcium, Ca 2	mg	38	4	1.027	51	24	100
Iron, Fe 2	mg	1.06	4	0.387	1.43	0.66	2.78
Magnesium, Mg 2	mg	13	4	0.405	18	8	34
Phosphorus, P 2	mg	20	4	1.089	27	12	52

Nutrient	Unit	1			1 cup 135g	10.0 beans 62g	1 can (303 x 406) 262g
		Value Per100 g	Data points	Std. Error			
Potassium, K 2	mg	96	4	3.205	130	60	252
Sodium, Na 2	mg	230	3	--	310	143	603
Zinc, Zn 2	mg	0.20	4	0.005	0.27	0.12	0.52
Copper, Cu 2	mg	0.034	4	0.002	0.046	0.021	0.089
Manganese, Mn 2	mg	0.163	4	0.067	0.220	0.101	0.427
Selenium, Se	µg	0.4	8	0.103	0.5	0.2	1.0
Vitamins							
Vitamin C, total ascorbic acid 1 2	mg	2.8	6	0.466	3.8	1.7	7.3
Thiamin 1 2	mg	0.016	6	0.001	0.022	0.010	0.042
Riboflavin 1 2	mg	0.046	6	0.005	0.062	0.029	0.121
Niacin 1 2	mg	0.206	6	0.022	0.278	0.128	0.540
Pantothenic acid 1	mg	0.200	2	--	0.270	0.124	0.524
Vitamin B-6 1	mg	0.030	2	--	0.040	0.019	0.079
Folate, total a	µg	28	--	--	38	17	73
Folic acid	µg	0	--	--	0	0	0
Folate, food a 1 2	µg	28	--	--	38	17	73
Folate, DFE a	µg	28	--	--	38	17	73
Choline, total 1	mg	14.7	--	--	19.8	9.1	38.5
Betaine 1	mg	0.2	1	--	0.3	0.1	0.5
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	18	--	--	24	11	47
Retinol	µg	0	--	--	0	0	0
Carotene, beta 1	µg	122	2	--	165	76	320
Carotene, alpha 1	µg	156	2	--	211	97	409
Cryptoxanthin, beta 1	µg	24	2	--	32	15	63
Vitamin A, IU	IU	353	--	--	477	219	925
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	452	--	--	610	280	1184
Vitamin E (alpha-tocopherol)	mg	0.03	--	--	0.04	0.02	0.08
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0

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Vitamin D2 (ergocalciferol)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phyloquinone) 1	µg	38.9	2	--	52.5	24.1	101.9
Lipids							
Fatty acids, total saturated	g	0.103	--	--	0.139	0.064	0.270
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000
16:0	g	0.089	--	--	0.120	0.055	0.233
18:0	g	0.014	--	--	0.019	0.009	0.037
Fatty acids, total monounsaturated	g	0.019	--	--	0.026	0.012	0.050
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.019	--	--	0.026	0.012	0.050
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.234	--	--	0.316	0.145	0.613
18:2 undifferentiated	g	0.089	--	--	0.120	0.055	0.233
18:3 undifferentiated	g	0.145	--	--	0.196	0.090	0.380
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

Flavonoids

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Flavones							
Apigenin ³	mg	0.0	4	0	0.0	0.0	0.0
Luteolin ³	mg	0.0	4	0	0.0	0.0	0.0
Flavonols							
Kaempferol ^{3,4}	mg	0.0	5	0.01	0.0	0.0	0.0
Myricetin ³	mg	0.0	4	0	0.0	0.0	0.0
Quercetin ^{3,4}	mg	1.5	5	0.62	2.0	0.9	3.9

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 8h, 2004 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 14e, 2010 Beltsville MD

³Hertog, M. G. L., Hollman, P. C. H., and Katan, M. B. Content of potentially anticarcinogenic flavonoids of 28 vegetables and fruits commonly consumed in The Netherlands., 1992 J. Agric. Food Chem. 40 pp.2379-2383

⁴Price, K. R., Colquhoun, I. J., Barnes, K. A., and Rhodes, M. J. C. Composition and content of flavonol glycosides in green beans and their fate during processing., 1998 J. Agric. Food Chem. 46 pp.4898-4903

Footnotes

^a Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, 5-Formyltetrahydrofolic acid

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LanguaL Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1371 GREEN BEAN
- C0169 POD CONTAINING SMALL, IMMATURE SEED
- E0151 SOLID
- F0014 FULLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0367 SALT ADDED
- J0123 STERILIZED BY HEAT
- K0017 PACKED IN WATER
- M0194 CAN, BOTTLE OR JAR
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0219 DRAINED