

Basic Report 11061, Beans, snap, green, frozen, cooked, boiled, drained without salt

Report Date: January 31, 2015 11:10 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 135g
Proximates			
Water	g	91.42	123.42
Energy	kcal	28	38
Protein	g	1.49	2.01
Total lipid (fat)	g	0.17	0.23
Carbohydrate, by difference	g	6.45	8.71
Fiber, total dietary	g	3.0	4.0
Sugars, total	g	1.23	1.66
Minerals			
Calcium, Ca	mg	42	57
Iron, Fe	mg	0.66	0.89
Magnesium, Mg	mg	19	26
Phosphorus, P	mg	29	39
Potassium, K	mg	159	215
Sodium, Na	mg	1	1
Zinc, Zn	mg	0.24	0.32
Vitamins			
Vitamin C, total ascorbic acid	mg	4.1	5.5
Thiamin	mg	0.035	0.047
Riboflavin	mg	0.090	0.122
Niacin	mg	0.383	0.517
Vitamin B-6	mg	0.060	0.081
Folate, DFE	µg	23	31
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	28	38
Vitamin A, IU	IU	557	752
Vitamin E (alpha-tocopherol)	mg	0.04	0.05

Nutrient	Unit	1 Value Per100 g	1 cup 135g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	12.7	17.1
Lipids			
Fatty acids, total saturated	g	0.042	0.057
Fatty acids, total monounsaturated	g	0.007	0.009
Fatty acids, total polyunsaturated	g	0.084	0.113
Cholesterol	mg	0	0
Other			
Caffeine	mg	0	0