

**Basic Report 11063, Beans, snap, green, microwaved**

Report Date: January 28, 2015 04:11 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per 100 g	1 cup 1/2" pieces 116g
<b>Proximates</b>			
Water	g	90.04	104.45
Energy	kcal	39	45
Protein	g	2.31	2.68
Total lipid (fat)	g	0.50	0.58
Carbohydrate, by difference	g	6.41	7.44
Fiber, total dietary	g	3.4	3.9
Sugars, total	g	3.22	3.74
<b>Minerals</b>			
Calcium, Ca	mg	55	64
Iron, Fe	mg	0.83	0.96
Magnesium, Mg	mg	28	32
Phosphorus, P	mg	49	57
Potassium, K	mg	323	375
Sodium, Na	mg	3	3
Zinc, Zn	mg	0.38	0.44
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	7.3	8.5
Thiamin	mg	0.078	0.090
Riboflavin	mg	0.075	0.087
Niacin	mg	0.773	0.897
Vitamin B-6	mg	0.124	0.144