

Full Report (All Nutrients) 11063, Beans, snap, green, microwaved

Report Date: February 01, 2015 20:45 EST

Nutrient values and weights are for edible portion

Food Group : Vegetables and Vegetable Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 1/2" pieces 116g
Proximates					
Water 1	g	90.04	4	0.429	104.45
Energy	kcal	39	--	--	45
Energy	kJ	165	--	--	191
Protein	g	2.31	4	0.092	2.68
Total lipid (fat) 1	g	0.50	4	0.021	0.58
Ash 1	g	0.74	4	0.063	0.86
Carbohydrate, by difference	g	6.41	--	--	7.44
Fiber, total dietary 1	g	3.4	4	0.075	3.9
Sugars, total	g	3.22	4	0.230	3.74
Sucrose 1	g	0.33	4	0.254	0.38
Glucose (dextrose) 1	g	1.44	4	0.086	1.67
Fructose 1	g	1.45	4	0.123	1.68
Lactose 1	g	0.00	4	0.000	0.00
Maltose 1	g	0.00	4	0.000	0.00
Galactose 1	g	0.00	4	0.000	0.00
Starch 1	g	0.88	4	0.141	1.02
Minerals					
Calcium, Ca 1	mg	55	4	1.132	64
Iron, Fe 1	mg	0.83	4	0.031	0.96
Magnesium, Mg 1	mg	28	4	2.662	32
Phosphorus, P 1	mg	49	4	1.929	57
Potassium, K 1	mg	323	4	17.486	375
Sodium, Na 1	mg	3	4	0.212	3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 1/2" pieces 116g
Zinc, Zn 1	mg	0.38	4	0.016	0.44
Copper, Cu 1	mg	0.090	4	0.008	0.104
Manganese, Mn 1	mg	0.332	4	0.037	0.385
Vitamins					
Vitamin C, total ascorbic acid 1	mg	7.3	4	0.718	8.5
Thiamin 1	mg	0.078	4	0.010	0.090
Riboflavin 1	mg	0.075	4	0.006	0.087
Niacin 1	mg	0.773	4	0.077	0.897
Pantothenic acid 1	mg	0.300	4	0.027	0.348
Vitamin B-6 1	mg	0.124	4	0.004	0.144
Folate, total 1	µg	47	2	--	55
Folate, food	µg	47	2	--	55

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12h, 2008 Beltsville MD

Language 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
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0003 NO PRESERVATION METHOD USED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- P0078 NO SALT ADDED CLAIM OR USE