

Basic Report 11973, Beans, fava, in pod, raw

Report Date: January 31, 2015 17:38 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 126g	1 pod 6.1g
Proximates				
Water	g	72.60	91.48	4.43
Energy	kcal	88	111	5
Protein	g	7.92	9.98	0.48
Total lipid (fat)	g	0.73	0.92	0.04
Carbohydrate, by difference	g	17.63	22.21	1.08
Fiber, total dietary	g	7.5	9.4	0.5
Sugars, total	g	9.21	11.60	0.56
Minerals				
Calcium, Ca	mg	37	47	2
Iron, Fe	mg	1.55	1.95	0.09
Magnesium, Mg	mg	33	42	2
Phosphorus, P	mg	129	163	8
Potassium, K	mg	332	418	20
Sodium, Na	mg	25	32	2
Zinc, Zn	mg	1.00	1.26	0.06
Vitamins				
Vitamin C, total ascorbic acid	mg	3.7	4.7	0.2
Thiamin	mg	0.133	0.168	0.008
Riboflavin	mg	0.290	0.365	0.018
Niacin	mg	2.249	2.834	0.137
Vitamin B-6	mg	0.104	0.131	0.006
Folate, DFE	µg	148	186	9
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	17	21	1
Vitamin A, IU	IU	333	420	20
Vitamin E (alpha-tocopherol)	mg	1.16	1.46	0.07

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	40.9	51.5	2.5
Lipids				
Fatty acids, total saturated	g	0.118	0.149	0.007
Fatty acids, total monounsaturated	g	0.104	0.131	0.006
Fatty acids, total polyunsaturated	g	0.342	0.431	0.021
Cholesterol	mg	0	0	0
Other				
Caffeine	mg	0	0	0