

Basic Report 16001, Beans, adzuki, mature seeds, raw

Report Date: February 01, 2015 03:37 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 197g
Proximates			
Water	g	13.44	26.48
Energy	kcal	329	648
Protein	g	19.87	39.14
Total lipid (fat)	g	0.53	1.04
Carbohydrate, by difference	g	62.90	123.91
Fiber, total dietary	g	12.7	25.0
Minerals			
Calcium, Ca	mg	66	130
Iron, Fe	mg	4.98	9.81
Magnesium, Mg	mg	127	250
Phosphorus, P	mg	381	751
Potassium, K	mg	1254	2470
Sodium, Na	mg	5	10
Zinc, Zn	mg	5.04	9.93
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.455	0.896
Riboflavin	mg	0.220	0.433
Niacin	mg	2.630	5.181
Vitamin B-6	mg	0.351	0.691
Folate, DFE	µg	622	1225
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	1	2
Vitamin A, IU	IU	17	33
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 cup 197g
Lipids			
Fatty acids, total saturated	g	0.191	0.376
Fatty acids, total monounsaturated	g	0.050	0.099
Fatty acids, total polyunsaturated	g	0.113	0.223
Cholesterol	mg	0	0