

**Basic Report 16009, Beans, baked, canned, with pork**

Report Date: March 06, 2015 20:40 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 253g
<b>Proximates</b>			
Water	g	71.46	180.79
Energy	kcal	106	268
Protein	g	5.19	13.13
Total lipid (fat)	g	1.55	3.92
Carbohydrate, by difference	g	19.99	50.57
Fiber, total dietary	g	5.5	13.9
<b>Minerals</b>			
Calcium, Ca	mg	53	134
Iron, Fe	mg	1.70	4.30
Magnesium, Mg	mg	34	86
Phosphorus, P	mg	108	273
Potassium, K	mg	309	782
Sodium, Na	mg	414	1047
Zinc, Zn	mg	1.46	3.69
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	2.0	5.1
Thiamin	mg	0.053	0.134
Riboflavin	mg	0.038	0.096
Niacin	mg	0.447	1.131
Vitamin B-6	mg	0.064	0.162
Folate, DFE	µg	36	91
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 253g</b>
<b>Lipids</b>			
Fatty acids, total saturated	g	0.599	1.515
Fatty acids, total monounsaturated	g	0.673	1.703
Fatty acids, total polyunsaturated	g	0.199	0.503
Cholesterol	mg	7	18