

Basic Report 16022, Beans, french, mature seeds, raw

Report Date: January 29, 2015 09:18 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 184g
Proximates			
Water	g	10.77	19.82
Energy	kcal	343	631
Protein	g	18.81	34.61
Total lipid (fat)	g	2.02	3.72
Carbohydrate, by difference	g	64.11	117.96
Fiber, total dietary	g	25.2	46.4
Minerals			
Calcium, Ca	mg	186	342
Iron, Fe	mg	3.40	6.26
Magnesium, Mg	mg	188	346
Phosphorus, P	mg	304	559
Potassium, K	mg	1316	2421
Sodium, Na	mg	18	33
Zinc, Zn	mg	1.90	3.50
Vitamins			
Vitamin C, total ascorbic acid	mg	4.6	8.5
Thiamin	mg	0.535	0.984
Riboflavin	mg	0.221	0.407
Niacin	mg	2.083	3.833
Vitamin B-6	mg	0.401	0.738
Folate, DFE	µg	399	734
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	8	15
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 cup 184g
Lipids			
Fatty acids, total saturated	g	0.221	0.407
Fatty acids, total monounsaturated	g	0.138	0.254
Fatty acids, total polyunsaturated	g	1.207	2.221
Cholesterol	mg	0	0