

**Basic Report 16024, Beans, great northern, mature seeds, raw**

Report Date: January 29, 2015 15:24 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 183g
<b>Proximates</b>			
Water	g	10.70	19.58
Energy	kcal	339	620
Protein	g	21.86	40.00
Total lipid (fat)	g	1.14	2.09
Carbohydrate, by difference	g	62.37	114.14
Fiber, total dietary	g	20.2	37.0
Sugars, total	g	2.26	4.14
<b>Minerals</b>			
Calcium, Ca	mg	175	320
Iron, Fe	mg	5.47	10.01
Magnesium, Mg	mg	189	346
Phosphorus, P	mg	447	818
Potassium, K	mg	1387	2538
Sodium, Na	mg	14	26
Zinc, Zn	mg	2.31	4.23
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	5.3	9.7
Thiamin	mg	0.653	1.195
Riboflavin	mg	0.237	0.434
Niacin	mg	1.955	3.578
Vitamin B-6	mg	0.447	0.818
Folate, DFE	µg	482	882
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.22	0.40

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	6.0	11.0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.356	0.651
Fatty acids, total monounsaturated	g	0.053	0.097
Fatty acids, total polyunsaturated	g	0.477	0.873
Cholesterol	mg	0	0
<b>Other</b>			
Caffeine	mg	0	0