

Basic Report 16027, Beans, kidney, all types, mature seeds, raw

Report Date: January 31, 2015 08:08 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 184g
Proximates			
Water	g	11.75	21.62
Energy	kcal	333	613
Protein	g	23.58	43.39
Total lipid (fat)	g	0.83	1.53
Carbohydrate, by difference	g	60.01	110.42
Fiber, total dietary	g	24.9	45.8
Sugars, total	g	2.23	4.10
Minerals			
Calcium, Ca	mg	143	263
Iron, Fe	mg	8.20	15.09
Magnesium, Mg	mg	140	258
Phosphorus, P	mg	407	749
Potassium, K	mg	1406	2587
Sodium, Na	mg	24	44
Zinc, Zn	mg	2.79	5.13
Vitamins			
Vitamin C, total ascorbic acid	mg	4.5	8.3
Thiamin	mg	0.529	0.973
Riboflavin	mg	0.219	0.403
Niacin	mg	2.060	3.790
Vitamin B-6	mg	0.397	0.730
Folate, DFE	µg	394	725
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	19.0	35.0
Lipids			
Fatty acids, total saturated	g	0.120	0.221
Fatty acids, total monounsaturated	g	0.064	0.118
Fatty acids, total polyunsaturated	g	0.457	0.841
Cholesterol	mg	0	0
Other			
Caffeine	mg	0	0