

**Basic Report 16048, Beans, yellow, mature seeds, cooked, boiled, without salt**

Report Date: January 28, 2015 23:20 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 177g
<b>Proximates</b>			
Water	g	62.98	111.47
Energy	kcal	144	255
Protein	g	9.16	16.21
Total lipid (fat)	g	1.08	1.91
Carbohydrate, by difference	g	25.27	44.73
Fiber, total dietary	g	10.4	18.4
<b>Minerals</b>			
Calcium, Ca	mg	62	110
Iron, Fe	mg	2.48	4.39
Magnesium, Mg	mg	74	131
Phosphorus, P	mg	183	324
Potassium, K	mg	325	575
Sodium, Na	mg	5	9
Zinc, Zn	mg	1.06	1.88
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	1.8	3.2
Thiamin	mg	0.187	0.331
Riboflavin	mg	0.103	0.182
Niacin	mg	0.708	1.253
Vitamin B-6	mg	0.129	0.228
Folate, DFE	µg	81	143
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	2	4
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 177g</b>
<b>Lipids</b>			
Fatty acids, total saturated	g	0.279	0.494
Fatty acids, total monounsaturated	g	0.094	0.166
Fatty acids, total polyunsaturated	g	0.466	0.825
Cholesterol	mg	0	0