

Basic Report 16050, Beans, white, mature seeds, cooked, boiled, without salt

Report Date: January 28, 2015 15:15 EST

Nutrient values and weights are for edible portion

| Nutrient | Unit | 1 Value Per100 g | 1 cup 179g | 1 tbsp 11.2g |
|--------------------------------|------|------------------------|---------------|-----------------|
| Proximates | | | | |
| Water | g | 63.08 | 112.91 | 7.06 |
| Energy | kcal | 139 | 249 | 16 |
| Protein | g | 9.73 | 17.42 | 1.09 |
| Total lipid (fat) | g | 0.35 | 0.63 | 0.04 |
| Carbohydrate, by difference | g | 25.09 | 44.91 | 2.81 |
| Fiber, total dietary | g | 6.3 | 11.3 | 0.7 |
| Sugars, total | g | 0.34 | 0.61 | 0.04 |
| Minerals | | | | |
| Calcium, Ca | mg | 90 | 161 | 10 |
| Iron, Fe | mg | 3.70 | 6.62 | 0.41 |
| Magnesium, Mg | mg | 63 | 113 | 7 |
| Phosphorus, P | mg | 113 | 202 | 13 |
| Potassium, K | mg | 561 | 1004 | 63 |
| Sodium, Na | mg | 6 | 11 | 1 |
| Zinc, Zn | mg | 1.38 | 2.47 | 0.15 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.118 | 0.211 | 0.013 |
| Riboflavin | mg | 0.046 | 0.082 | 0.005 |
| Niacin | mg | 0.140 | 0.251 | 0.016 |
| Vitamin B-6 | mg | 0.093 | 0.166 | 0.010 |
| Folate, DFE | µg | 81 | 145 | 9 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 0 | 0 | 0 |
| Vitamin A, IU | IU | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.94 | 1.68 | 0.11 |

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| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 3.5 | 6.3 | 0.4 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 0.091 | 0.163 | 0.010 |
| Fatty acids, total monounsaturated | g | 0.031 | 0.055 | 0.003 |
| Fatty acids, total polyunsaturated | g | 0.152 | 0.272 | 0.017 |
| Cholesterol | mg | 0 | 0 | 0 |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |