

Basic Report 11030, Beans, kidney, mature seeds, sprouted, cooked, boiled, drained, without salt

Report Date: June 25, 2019 22:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	89.30
Energy	kcal	33
Protein	g	4.83
Total lipid (fat)	g	0.58
Carbohydrate, by difference	g	4.72
Minerals		
Calcium, Ca	mg	19
Iron, Fe	mg	0.89
Magnesium, Mg	mg	23
Phosphorus, P	mg	38
Potassium, K	mg	194
Sodium, Na	mg	7
Zinc, Zn	mg	0.44
Vitamins		
Vitamin C, total ascorbic acid	mg	35.6
Thiamin	mg	0.362
Riboflavin	mg	0.273
Niacin	mg	3.024
Vitamin B-6	mg	0.093
Folate, DFE	µg	47
Vitamin B-12	µg	0.00
Vitamin A, RAE	µg	0
Vitamin A, IU	IU	2
Vitamin D (D2 + D3)	µg	0.0
Vitamin D	IU	0
Lipids		

Nutrient	Unit	1 Value Per100 g
Fatty acids, total saturated	g	0.083
Fatty acids, total monounsaturated	g	0.045
Fatty acids, total polyunsaturated	g	0.318
Fatty acids, total trans	g	0.000
Cholesterol	mg	0

Amino Acids

Other