

Basic Report 11052, Beans, snap, green, raw

Report Date: September 24, 2019 05:44 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup 1/2" pieces 100g | 10.0 beans (4" long) 55g |
|--------------------------------|------|------------------------|---------------------------|-----------------------------|
| Proximates | | | | |
| Water | g | 90.32 | 90.32 | 49.68 |
| Energy | kcal | 31 | 31 | 17 |
| Protein | g | 1.83 | 1.83 | 1.01 |
| Total lipid (fat) | g | 0.22 | 0.22 | 0.12 |
| Carbohydrate, by difference | g | 6.97 | 6.97 | 3.83 |
| Fiber, total dietary | g | 2.7 | 2.7 | 1.5 |
| Sugars, total | g | 3.26 | 3.26 | 1.79 |
| Minerals | | | | |
| Calcium, Ca | mg | 37 | 37 | 20 |
| Iron, Fe | mg | 1.03 | 1.03 | 0.57 |
| Magnesium, Mg | mg | 25 | 25 | 14 |
| Phosphorus, P | mg | 38 | 38 | 21 |
| Potassium, K | mg | 211 | 211 | 116 |
| Sodium, Na | mg | 6 | 6 | 3 |
| Zinc, Zn | mg | 0.24 | 0.24 | 0.13 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 12.2 | 12.2 | 6.7 |
| Thiamin | mg | 0.082 | 0.082 | 0.045 |
| Riboflavin | mg | 0.104 | 0.104 | 0.057 |
| Niacin | mg | 0.734 | 0.734 | 0.404 |
| Vitamin B-6 | mg | 0.141 | 0.141 | 0.078 |
| Folate, DFE | µg | 33 | 33 | 18 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 35 | 35 | 19 |
| Vitamin A, IU | IU | 690 | 690 | 380 |
| Vitamin E (alpha-tocopherol) | mg | 0.41 | 0.41 | 0.23 |

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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 | 43.0 | 43.0 | 23.6 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 0.050 | 0.050 | 0.028 |
| Fatty acids, total monounsaturated | g | 0.010 | 0.010 | 0.006 |
| Fatty acids, total polyunsaturated | g | 0.113 | 0.113 | 0.062 |
| Fatty acids, total trans | g | 0.000 | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 | 0 |
| Amino Acids | | | | |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |