

## Basic Report 11052, Beans, snap, green, raw

Report Date: June 26, 2019 06:03 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
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0