

Basic Report 16032, Beans, kidney, red, mature seeds, raw

Report Date: September 23, 2019 09:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 184g	1 tbsp 12.2g
Proximates				
Water	g	11.75	21.62	1.43
Energy	kcal	337	620	41
Protein	g	22.53	41.46	2.75
Total lipid (fat)	g	1.06	1.95	0.13
Carbohydrate, by difference	g	61.29	112.77	7.48
Fiber, total dietary	g	15.2	28.0	1.9
Sugars, total	g	2.10	3.86	0.26
Minerals				
Calcium, Ca	mg	83	153	10
Iron, Fe	mg	6.69	12.31	0.82
Magnesium, Mg	mg	138	254	17
Phosphorus, P	mg	406	747	50
Potassium, K	mg	1359	2501	166
Sodium, Na	mg	12	22	1
Zinc, Zn	mg	2.79	5.13	0.34
Vitamins				
Vitamin C, total ascorbic acid	mg	4.5	8.3	0.5
Thiamin	mg	0.608	1.119	0.074
Riboflavin	mg	0.215	0.396	0.026
Niacin	mg	2.110	3.882	0.257
Vitamin B-6	mg	0.397	0.730	0.048
Folate, DFE	µg	394	725	48
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	0.21	0.39	0.03

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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	5.6	10.3	0.7
Lipids				
Fatty acids, total saturated	g	0.154	0.283	0.019
Fatty acids, total monounsaturated	g	0.082	0.151	0.010
Fatty acids, total polyunsaturated	g	0.586	1.078	0.071
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0