

Basic Report 16059, Chili with beans, canned

Report Date: November 18, 2018 16:22 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 256g	1 tbsp 16g
Proximates				
Water	g	75.51	193.31	12.08
Energy	kcal	103	264	16
Protein	g	6.12	15.67	0.98
Total lipid (fat)	g	3.76	9.63	0.60
Carbohydrate, by difference	g	13.24	33.89	2.12
Fiber, total dietary	g	3.3	8.4	0.5
Sugars, total	g	1.65	4.22	0.26
Minerals				
Calcium, Ca	mg	47	120	8
Iron, Fe	mg	3.43	8.78	0.55
Magnesium, Mg	mg	45	115	7
Phosphorus, P	mg	154	394	25
Potassium, K	mg	365	934	58
Sodium, Na	mg	423	1083	68
Zinc, Zn	mg	2.00	5.12	0.32
Vitamins				
Vitamin C, total ascorbic acid	mg	1.7	4.4	0.3
Thiamin	mg	0.048	0.123	0.008
Riboflavin	mg	0.105	0.269	0.017
Niacin	mg	0.358	0.916	0.057
Vitamin B-6	mg	0.132	0.338	0.021
Folate, DFE	µg	23	59	4
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	17	44	3
Vitamin A, IU	IU	337	863	54
Vitamin E (alpha-tocopherol)	mg	0.52	1.33	0.08

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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	1.9	4.9	0.3
Lipids				
Fatty acids, total saturated	g	1.133	2.900	0.181
Fatty acids, total monounsaturated	g	1.601	4.099	0.256
Fatty acids, total polyunsaturated	g	0.249	0.637	0.040
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	17	44	3
Amino Acids				
Other				
Caffeine	mg	0	0	0