

Full Report (All Nutrients) 16081, Mung beans, mature seeds, cooked, boiled, without salt

Report Date: July 15, 2019 20:09 EDT

Nutrient values and weights are for edible portion.

Food Group : Legumes and Legume Products

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 202g
Proximates					
Water	g	72.66	9	0.320	146.77
Energy	kcal	105	--	--	212
Energy	kJ	441	--	--	891
Protein	g	7.02	9	0.140	14.18
Total lipid (fat)	g	0.38	9	0.020	0.77
Ash	g	0.79	9	0.007	1.60
Carbohydrate, by difference	g	19.15	--	--	38.68
Fiber, total dietary	g	7.6	--	--	15.4
Sugars, total	g	2.00	--	--	4.04
Minerals					
Calcium, Ca	mg	27	9	0.000	55
Iron, Fe	mg	1.40	9	0.260	2.83
Magnesium, Mg	mg	48	9	1.000	97
Phosphorus, P	mg	99	9	1.000	200
Potassium, K	mg	266	9	6.000	537
Sodium, Na	mg	2	5	0.000	4
Zinc, Zn	mg	0.84	8	0.030	1.70
Copper, Cu	mg	0.156	8	0.023	0.315
Manganese, Mn	mg	0.298	8	0.025	0.602
Selenium, Se	µg	2.5	--	--	5.0
Vitamins					
Vitamin C, total ascorbic acid	mg	1.0	--	--	2.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 202g
Thiamin	mg	0.164	8	0.006	0.331
Riboflavin	mg	0.061	8	0.000	0.123
Niacin	mg	0.577	8	0.079	1.166
Pantothenic acid	mg	0.410	8	0.010	0.828
Vitamin B-6	mg	0.067	8	0.003	0.135
Folate, total	µg	159	8	11.000	321
Folic acid	µg	0	--	--	0
Folate, food	µg	159	8	11.000	321
Folate, DFE	µg	159	--	--	321
Choline, total	mg	29.4	--	--	59.4
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	1	--	--	2
Retinol	µg	0	--	--	0
Carotene, beta	µg	14	--	--	28
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	24	--	--	48
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.15	--	--	0.30
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	2.7	--	--	5.5
Lipids					
Fatty acids, total saturated	g	0.116	--	--	0.234
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 202g
16:0	g	0.083	--	--	0.168
18:0	g	0.024	--	--	0.048
Fatty acids, total monounsaturated	g	0.054	--	--	0.109
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.054	--	--	0.109
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.128	--	--	0.259
18:2 undifferentiated	g	0.119	--	--	0.240
18:3 undifferentiated	g	0.009	--	--	0.018
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.076	--	--	0.154
Threonine	g	0.230	--	--	0.465
Isoleucine	g	0.297	--	--	0.600
Leucine	g	0.544	--	--	1.099
Lysine	g	0.490	--	--	0.990
Methionine	g	0.084	--	--	0.170
Cystine	g	0.062	--	--	0.125
Phenylalanine	g	0.425	--	--	0.858
Tyrosine	g	0.210	--	--	0.424
Valine	g	0.364	--	--	0.735
Arginine	g	0.492	--	--	0.994
Histidine	g	0.205	--	--	0.414
Alanine	g	0.309	--	--	0.624
Aspartic acid	g	0.812	--	--	1.640
Glutamic acid	g	1.256	--	--	2.537

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 202g
Glycine	g	0.281	--	--	0.568
Proline	g	0.323	--	--	0.652
Serine	g	0.346	--	--	0.699
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0
Flavonoids					
Isoflavones					
Daidzein 1 2	mg	0.01	2	--	0.01
Genistein 1 2	mg	0.01	2	--	0.01
Glycitein 2	mg	0.00	1	--	0.00
Total isoflavones 1 2	mg	0.01	2	--	0.02
Formononetin	mg	0.00	1	--	0.00
Coumestrol	mg	0.00	1	--	0.00

¹Liggins, J., Bluck, L. J. C., Runswick, C., Atkinson, C., Coward, W. A., and Bingham, S. A. **Daidzein and genistein content of vegetables.**, 2000 Brit. J. Nutr. 84 pp.717-725

²Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. **Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan.**, 2006 Nutr. Cancer 54 pp.184-201

Langual Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1286 1600 LEGUMES AND LEGUME PRODUCTS (USDA SR)
- B1395 MUNG BEAN
- C0133 SEED, SKIN PRESENT, GERM PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0014 FULLY HEAT-TREATED
- G0014 BOILED
- H0259 REHYDRATED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- P0078 NO SALT ADDED CLAIM OR USE
- Z0052 RIPE OR MATURE