

**Statistics Report 16081, Mung beans, mature seeds, cooked, boiled, without salt**
**Report Date: July 16, 2019 14:42 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	72.66	9	0.320	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Energy	kcal	105	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2007
Energy	kJ	441	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2007
Protein	g	7.02	9	0.140	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Total lipid (fat)	g	0.38	9	0.020	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Ash	g	0.79	9	0.007	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Carbohydrate, by difference	g	19.15	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2007
Fiber, total dietary	g	7.6	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Sugars, total	g	2.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
<b>Minerals</b>													
Calcium, Ca	mg	27	9	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

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Iron, Fe	mg	1.40	9	0.260	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Magnesium, Mg	mg	48	9	1.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Phosphorus, P	mg	99	9	1.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Potassium, K	mg	266	9	6.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Sodium, Na	mg	2	5	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Zinc, Zn	mg	0.84	8	0.030	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Copper, Cu	mg	0.156	8	0.023	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Manganese, Mn	mg	0.298	8	0.025	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Selenium, Se	µg	2.5	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	1.0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

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Thiamin	mg	0.164	8	0.006	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Riboflavin	mg	0.061	8	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Niacin	mg	0.577	8	0.079	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Pantothenic acid	mg	0.410	8	0.010	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin B-6	mg	0.067	8	0.003	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Folate, total	µg	159	8	11.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	159	8	11.000	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2007
Folate, DFE	µg	159	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2007
Choline, total	mg	29.4	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2007
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	1	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2007
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	14	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	24	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2007
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.15	--	--	0	0	--	--	--	--	Calculated or imputed	16080	02/2003
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	2.7	--	--	0	0	--	--	--	--	Calculated or imputed	16080	02/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	0.116	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995

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8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.083	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:0	g	0.024	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Fatty acids, total monounsaturated	g	0.054	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
16:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:1 undifferentiated	g	0.054	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
20:1	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.128	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:2 undifferentiated	g	0.119	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:3 undifferentiated	g	0.009	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
<b>Amino Acids</b>													
Tryptophan	g	0.076	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Threonine	g	0.230	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Isoleucine	g	0.297	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Leucine	g	0.544	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Lysine	g	0.490	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Methionine	g	0.084	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Cystine	g	0.062	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Phenylalanine	g	0.425	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Tyrosine	g	0.210	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine	g	0.364	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Arginine	g	0.492	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Histidine	g	0.205	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Alanine	g	0.309	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Aspartic acid	g	0.812	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glutamic acid	g	1.256	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glycine	g	0.281	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Proline	g	0.323	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Serine	g	0.346	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2012
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003



Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
<b>Flavonoids</b>													
Isoflavones													
Daidzein <a href="#">1</a> <a href="#">2</a>	mg	0.01	--	--	0	0.01	--	--	--	--	--	--	--
Genistein <a href="#">1</a> <a href="#">2</a>	mg	0.01	--	--	0	0.01	--	--	--	--	--	--	--
Glycitein <a href="#">2</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones <a href="#">1</a> <a href="#">2</a>	mg	0.01	--	--	0	0.02	--	--	--	--	--	--	--
Formononetin	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Coumestrol	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

<sup>1</sup>Liggins, 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

<sup>2</sup>Thompson, 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