

Basic Report 16315, Beans, black, mature seeds, cooked, boiled, with salt

Report Date: September 18, 2019 01:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 172g
Proximates			
Water	g	65.74	113.07
Energy	kcal	132	227
Protein	g	8.86	15.24
Total lipid (fat)	g	0.54	0.93
Carbohydrate, by difference	g	23.71	40.78
Fiber, total dietary	g	8.7	15.0
Sugars, total	g	0.32	0.55
Minerals			
Calcium, Ca	mg	27	46
Iron, Fe	mg	2.10	3.61
Magnesium, Mg	mg	70	120
Phosphorus, P	mg	140	241
Potassium, K	mg	355	611
Sodium, Na	mg	237	408
Zinc, Zn	mg	1.12	1.93
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.244	0.420
Riboflavin	mg	0.059	0.101
Niacin	mg	0.505	0.869
Vitamin B-6	mg	0.069	0.119
Folate, DFE	µg	149	256
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	6	10
Vitamin E (alpha-tocopherol)	mg	0.87	1.50

Nutrient	Unit	1 Value Per100 g	1 cup 172g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	3.3	5.7
Lipids			
Fatty acids, total saturated	g	0.139	0.239
Fatty acids, total monounsaturated	g	0.047	0.081
Fatty acids, total polyunsaturated	g	0.231	0.397
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0