

Basic Report 16343, Beans, pinto, mature seeds, cooked, boiled, with salt

Report Date: September 20, 2019 01:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 171g
Proximates			
Water	g	62.95	107.64
Energy	kcal	143	245
Protein	g	9.01	15.41
Total lipid (fat)	g	0.65	1.11
Carbohydrate, by difference	g	26.22	44.84
Fiber, total dietary	g	9.0	15.4
Sugars, total	g	0.34	0.58
Minerals			
Calcium, Ca	mg	46	79
Iron, Fe	mg	2.09	3.57
Magnesium, Mg	mg	50	86
Phosphorus, P	mg	147	251
Potassium, K	mg	436	746
Sodium, Na	mg	238	407
Zinc, Zn	mg	0.98	1.68
Vitamins			
Vitamin C, total ascorbic acid	mg	0.8	1.4
Thiamin	mg	0.193	0.330
Riboflavin	mg	0.062	0.106
Niacin	mg	0.318	0.544
Vitamin B-6	mg	0.229	0.392
Folate, DFE	µg	172	294
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.94	1.61

Nutrient	Unit	1 Value Per100 g	1 cup 171g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	3.5	6.0
Lipids			
Fatty acids, total saturated	g	0.109	0.186
Fatty acids, total monounsaturated	g	0.106	0.181
Fatty acids, total polyunsaturated	g	0.188	0.321
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other