

Basic Report 11200, Yardlong bean, cooked, boiled, drained, without salt

Report Date: December 11, 2017 13:42 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup slices 104g	1 pod 14g
Proximates				
Water	g	87.47	90.97	12.25
Energy	kcal	47	49	7
Protein	g	2.53	2.63	0.35
Total lipid (fat)	g	0.10	0.10	0.01
Carbohydrate, by difference	g	9.18	9.55	1.29
Minerals				
Calcium, Ca	mg	44	46	6
Iron, Fe	mg	0.98	1.02	0.14
Magnesium, Mg	mg	42	44	6
Phosphorus, P	mg	57	59	8
Potassium, K	mg	290	302	41
Sodium, Na	mg	4	4	1
Zinc, Zn	mg	0.36	0.37	0.05
Vitamins				
Vitamin C, total ascorbic acid	mg	16.2	16.8	2.3
Thiamin	mg	0.085	0.088	0.012
Riboflavin	mg	0.099	0.103	0.014
Niacin	mg	0.630	0.655	0.088
Vitamin B-6	mg	0.024	0.025	0.003
Folate, DFE	µg	45	47	6
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	23	24	3
Vitamin A, IU	IU	450	468	63
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

Lipids

Nutrient	Unit	1 Value Per100 g	1 cup slices 104g	1 pod 14g
Fatty acids, total saturated	g	0.026	0.027	0.004
Fatty acids, total monounsaturated	g	0.009	0.009	0.001
Fatty acids, total polyunsaturated	g	0.042	0.044	0.006
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other