

**Full Report (All Nutrients) 16030, Beans, kidney, california red, mature seeds, raw**

**Report Date: July 23, 2019 18:25 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 184g
<b>Proximates</b>					
Water	g	11.75	--	--	21.62
Energy	kcal	330	--	--	607
Energy	kJ	1381	--	--	2541
Protein	g	24.37	6	0.140	44.84
Total lipid (fat)	g	0.25	8	0.010	0.46
Ash	g	3.83	--	--	7.05
Carbohydrate, by difference	g	59.80	--	--	110.03
Fiber, total dietary	g	24.9	--	--	45.8
<b>Minerals</b>					
Calcium, Ca	mg	195	2	--	359
Iron, Fe	mg	9.35	2	--	17.20
Magnesium, Mg	mg	160	2	--	294
Phosphorus, P	mg	405	2	--	745
Potassium, K	mg	1490	2	--	2742
Sodium, Na	mg	11	2	--	20
Zinc, Zn	mg	2.55	2	--	4.69
Copper, Cu	mg	1.100	2	--	2.024
Manganese, Mn	mg	1.000	2	--	1.840
Selenium, Se	µg	3.2	--	--	5.9
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	4.5	--	--	8.3
Thiamin	mg	0.529	--	--	0.973

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>Data points</b>	<b>Std. Error</b>	<b>1 cup 184g</b>
Riboflavin	mg	0.219	--	--	0.403
Niacin	mg	2.060	--	--	3.790
Pantothenic acid	mg	0.780	--	--	1.435
Vitamin B-6	mg	0.397	--	--	0.730
Folate, total	µg	394	--	--	725
Folic acid	µg	0	--	--	0
Folate, food	µg	394	--	--	725
Folate, DFE	µg	394	--	--	725
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	8	--	--	15
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.036	--	--	0.066
16:0	g	0.032	--	--	0.059
18:0	g	0.004	--	--	0.007
Fatty acids, total monounsaturated	g	0.019	--	--	0.035
18:1 undifferentiated	g	0.019	--	--	0.035
Fatty acids, total polyunsaturated	g	0.138	--	--	0.254
18:2 undifferentiated	g	0.054	--	--	0.099
18:3 undifferentiated	g	0.084	--	--	0.155
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.289	--	--	0.532
Threonine	g	1.026	--	--	1.888
Isoleucine	g	1.076	--	--	1.980
Leucine	g	1.946	--	--	3.581
Lysine	g	1.673	--	--	3.078
Methionine	g	0.367	--	--	0.675
Cystine	g	0.265	--	--	0.488

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 184g
Phenylalanine	g	1.318	--	--	2.425
Tyrosine	g	0.686	--	--	1.262
Valine	g	1.275	--	--	2.346
Arginine	g	1.509	--	--	2.777
Histidine	g	0.679	--	--	1.249
Alanine	g	1.022	--	--	1.880
Aspartic acid	g	2.948	--	--	5.424
Glutamic acid	g	3.717	--	--	6.839
Glycine	g	0.952	--	--	1.752
Proline	g	1.034	--	--	1.903
Serine	g	1.326	--	--	2.440

**Other**

**Languag Code(s)**

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1286 1600 LEGUMES AND LEGUME PRODUCTS (USDA SR)
- B1659 RED KIDNEY BEAN
- C0133 SEED, SKIN PRESENT, GERM PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0001 EXTENT OF HEAT TREATMENT NOT KNOWN
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0116 DEHYDRATED OR DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0052 RIPE OR MATURE