

Basic Report 16040, Beans, pink, mature seeds, raw

Report Date: September 21, 2019 17:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 210g
Proximates			
Water	g	10.06	21.13
Energy	kcal	343	720
Protein	g	20.96	44.02
Total lipid (fat)	g	1.13	2.37
Carbohydrate, by difference	g	64.19	134.80
Fiber, total dietary	g	12.7	26.7
Sugars, total	g	2.14	4.49
Minerals			
Calcium, Ca	mg	130	273
Iron, Fe	mg	6.77	14.22
Magnesium, Mg	mg	182	382
Phosphorus, P	mg	415	872
Potassium, K	mg	1464	3074
Sodium, Na	mg	8	17
Zinc, Zn	mg	2.55	5.36
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.772	1.621
Riboflavin	mg	0.192	0.403
Niacin	mg	1.892	3.973
Vitamin B-6	mg	0.527	1.107
Folate, DFE	µg	463	972
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	0.21	0.44

Nutrient	Unit	1 Value Per100 g	1 cup 210g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	5.7	12.0
Lipids			
Fatty acids, total saturated	g	0.292	0.613
Fatty acids, total monounsaturated	g	0.098	0.206
Fatty acids, total polyunsaturated	g	0.487	1.023
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0