

Basic Report 11654, Beans, pinto, mature seeds, sprouted, cooked, boiled, drained, without salt

Report Date: June 20, 2019 19:36 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	93.39
Energy	kcal	22
Protein	g	1.86
Total lipid (fat)	g	0.32
Carbohydrate, by difference	g	4.10
Minerals		
Calcium, Ca	mg	15
Iron, Fe	mg	0.66
Magnesium, Mg	mg	18
Phosphorus, P	mg	30
Potassium, K	mg	98
Sodium, Na	mg	51
Zinc, Zn	mg	0.17
Vitamins		
Vitamin C, total ascorbic acid	mg	6.1
Thiamin	mg	0.067
Riboflavin	mg	0.059
Niacin	mg	0.725
Vitamin B-6	mg	0.054
Folate, DFE	µg	29
Vitamin B-12	µg	0.00
Vitamin A, RAE	µg	0
Vitamin A, IU	IU	1
Vitamin D (D2 + D3)	µg	0.0
Vitamin D	IU	0
Lipids		

Nutrient	Unit	1 Value Per100 g
Fatty acids, total saturated	g	0.039
Fatty acids, total monounsaturated	g	0.024
Fatty acids, total polyunsaturated	g	0.185
Fatty acids, total trans	g	0.000
Cholesterol	mg	0

Amino Acids

Other