

## Basic Report 11727, Beans, snap, yellow, canned, regular pack, solids and liquids

Report Date: September 22, 2017 09:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup 120g	1 can (303 x 406) 439g
<b>Proximates</b>				
Water	g	94.68	113.62	415.65
Energy	kcal	15	18	66
Protein	g	0.80	0.96	3.51
Total lipid (fat)	g	0.10	0.12	0.44
Carbohydrate, by difference	g	3.50	4.20	15.37
Fiber, total dietary	g	1.5	1.8	6.6
Sugars, total	g	0.62	0.74	2.72
<b>Minerals</b>				
Calcium, Ca	mg	24	29	105
Iron, Fe	mg	0.90	1.08	3.95
Magnesium, Mg	mg	13	16	57
Phosphorus, P	mg	19	23	83
Potassium, K	mg	98	118	430
Sodium, Na	mg	259	311	1137
Zinc, Zn	mg	0.20	0.24	0.88
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	3.4	4.1	14.9
Thiamin	mg	0.025	0.030	0.110
Riboflavin	mg	0.051	0.061	0.224
Niacin	mg	0.200	0.240	0.878
Vitamin B-6	mg	0.030	0.036	0.132
Folate, DFE	µg	18	22	79
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	4	5	18
Vitamin A, IU	IU	83	100	364
Vitamin E (alpha-tocopherol)	mg	0.03	0.04	0.13

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	31.2	37.4	137.0
<b>Lipids</b>				
Fatty acids, total saturated	g	0.023	0.028	0.101
Fatty acids, total monounsaturated	g	0.004	0.005	0.018
Fatty acids, total polyunsaturated	g	0.052	0.062	0.228
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0