

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

Report Date: July 24, 2017 00:28 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 |
|--------------------------------|------|------------------------|-----------------|---------------------------|
| Proximates | | | | |
| 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 |
| Minerals | | | | |
| 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 |
| Vitamins | | | | |
| 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 |
| Lipids | | | | |
| 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 |
| Amino Acids | | | | |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |