

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

Report Date: February 22, 2018 03:48 EST

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