

## Basic Report 16005, Beans, baked, home prepared

Report Date: July 20, 2017 14:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 253g
<b>Proximates</b>			
Water	g	65.17	164.88
Energy	kcal	155	392
Protein	g	5.54	14.02
Total lipid (fat)	g	5.15	13.03
Carbohydrate, by difference	g	21.63	54.72
Fiber, total dietary	g	5.5	13.9
<b>Minerals</b>			
Calcium, Ca	mg	61	154
Iron, Fe	mg	1.99	5.03
Magnesium, Mg	mg	43	109
Phosphorus, P	mg	109	276
Potassium, K	mg	358	906
Sodium, Na	mg	422	1068
Zinc, Zn	mg	0.73	1.85
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	1.1	2.8
Thiamin	mg	0.136	0.344
Riboflavin	mg	0.049	0.124
Niacin	mg	0.408	1.032
Vitamin B-6	mg	0.090	0.228
Folate, DFE	µg	48	121
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 253g</b>
<b>Lipids</b>			
Fatty acids, total saturated	g	1.948	4.928
Fatty acids, total monounsaturated	g	2.133	5.396
Fatty acids, total polyunsaturated	g	0.740	1.872
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	5	13

**Amino Acids**

**Other**