

Basic Report 16005, Beans, baked, home prepared

Report Date: September 25, 2017 18:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 253g
Proximates			
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
Minerals			
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
Vitamins			
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

Nutrient	Unit	1 Value Per100 g	1 cup 253g
Lipids			
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