

Basic Report 16014, Beans, black, mature seeds, raw

Report Date: July 19, 2019 17:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 194g	1 tbsp 12.1g
Proximates				
Water	g	11.02	21.38	1.33
Energy	kcal	341	662	41
Protein	g	21.60	41.90	2.61
Total lipid (fat)	g	1.42	2.75	0.17
Carbohydrate, by difference	g	62.36	120.98	7.55
Fiber, total dietary	g	15.5	30.1	1.9
Sugars, total	g	2.12	4.11	0.26
Minerals				
Calcium, Ca	mg	123	239	15
Iron, Fe	mg	5.02	9.74	0.61
Magnesium, Mg	mg	171	332	21
Phosphorus, P	mg	352	683	43
Potassium, K	mg	1483	2877	179
Sodium, Na	mg	5	10	1
Zinc, Zn	mg	3.65	7.08	0.44
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.900	1.746	0.109
Riboflavin	mg	0.193	0.374	0.023
Niacin	mg	1.955	3.793	0.237
Vitamin B-6	mg	0.286	0.555	0.035
Folate, DFE	µg	444	861	54
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	17	33	2
Vitamin E (alpha-tocopherol)	mg	0.21	0.41	0.03

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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	5.6	10.9	0.7
Lipids				
Fatty acids, total saturated	g	0.366	0.710	0.044
Fatty acids, total monounsaturated	g	0.123	0.239	0.015
Fatty acids, total polyunsaturated	g	0.610	1.183	0.074
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0