

## Basic Report 16023, Beans, french, mature seeds, cooked, boiled, without salt

Report Date: November 20, 2017 21:37 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 177g
<b>Proximates</b>			
Water	g	66.57	117.83
Energy	kcal	129	228
Protein	g	7.05	12.48
Total lipid (fat)	g	0.76	1.35
Carbohydrate, by difference	g	24.02	42.52
Fiber, total dietary	g	9.4	16.6
<b>Minerals</b>			
Calcium, Ca	mg	63	112
Iron, Fe	mg	1.08	1.91
Magnesium, Mg	mg	56	99
Phosphorus, P	mg	102	181
Potassium, K	mg	370	655
Sodium, Na	mg	6	11
Zinc, Zn	mg	0.64	1.13
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	1.2	2.1
Thiamin	mg	0.130	0.230
Riboflavin	mg	0.062	0.110
Niacin	mg	0.546	0.966
Vitamin B-6	mg	0.105	0.186
Folate, DFE	µg	75	133
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	3	5
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 177g</b>
<b>Lipids</b>			
Fatty acids, total saturated	g	0.083	0.147
Fatty acids, total monounsaturated	g	0.052	0.092
Fatty acids, total polyunsaturated	g	0.453	0.802
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

**Amino Acids**

**Other**