

Basic Report 16025, Beans, great northern, mature seeds, cooked, boiled, without salt

Report Date: November 22, 2017 22:34 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 177g
Proximates			
Water	g	69.00	122.13
Energy	kcal	118	209
Protein	g	8.33	14.74
Total lipid (fat)	g	0.45	0.80
Carbohydrate, by difference	g	21.09	37.33
Fiber, total dietary	g	7.0	12.4
Minerals			
Calcium, Ca	mg	68	120
Iron, Fe	mg	2.13	3.77
Magnesium, Mg	mg	50	88
Phosphorus, P	mg	165	292
Potassium, K	mg	391	692
Sodium, Na	mg	2	4
Zinc, Zn	mg	0.88	1.56
Vitamins			
Vitamin C, total ascorbic acid	mg	1.3	2.3
Thiamin	mg	0.158	0.280
Riboflavin	mg	0.059	0.104
Niacin	mg	0.681	1.205
Vitamin B-6	mg	0.117	0.207
Folate, DFE	µg	102	181
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	1	2
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 cup 177g
Lipids			
Fatty acids, total saturated	g	0.140	0.248
Fatty acids, total monounsaturated	g	0.021	0.037
Fatty acids, total polyunsaturated	g	0.187	0.331
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other