

Statistics Report 16025, Beans, great northern, mature seeds, cooked, boiled, without salt
Report Date: September 15, 2019 20:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	69.00	25	1.510	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Energy	kcal	118	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Energy	kJ	494	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2012
Protein	g	8.33	20	0.080	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Total lipid (fat)	g	0.45	20	0.010	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Ash	g	1.14	20	0.020	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Carbohydrate, by difference	g	21.09	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Fiber, total dietary	g	7.0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Minerals													
Calcium, Ca	mg	68	20	1.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Iron, Fe	mg	2.13	20	0.150	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Magnesium, Mg	mg	50	20	1.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

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Phosphorus, P	mg	165	20	4.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Potassium, K	mg	391	20	10.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Sodium, Na	mg	2	16	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Zinc, Zn	mg	0.88	20	0.010	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Copper, Cu	mg	0.247	20	0.019	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Manganese, Mn	mg	0.518	20	0.019	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Selenium, Se	µg	4.1	3	1.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1992
Vitamins													
Vitamin C, total ascorbic acid	mg	1.3	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Thiamin	mg	0.158	20	0.009	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Riboflavin	mg	0.059	20	0.002	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Niacin	mg	0.681	20	0.094	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Pantothenic acid	mg	0.266	8	0.005	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin B-6	mg	0.117	8	0.002	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	102	13	18.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	102	13	18.000	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Folate, DFE	µg	102	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin A, RAE	µg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	1	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.140	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
16:0	g	0.132	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:0	g	0.008	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Fatty acids, total monounsaturated	g	0.021	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	0.021	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Fatty acids, total polyunsaturated	g	0.187	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:2 undifferentiated	g	0.103	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:3 undifferentiated	g	0.084	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Amino Acids													
Tryptophan	g	0.099	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Threonine	g	0.351	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Isoleucine	g	0.368	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Leucine	g	0.665	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Lysine	g	0.572	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Methionine	g	0.125	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Cystine	g	0.091	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.451	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Tyrosine	g	0.235	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Valine	g	0.436	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Arginine	g	0.516	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Histidine	g	0.232	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Alanine	g	0.349	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Aspartic acid	g	1.008	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glutamic acid	g	1.270	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glycine	g	0.325	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Proline	g	0.353	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Serine	g	0.453	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986