

Basic Report 16028, Beans, kidney, all types, mature seeds, cooked, boiled, without salt

Report Date: May 27, 2017 22:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 177g	1 tbsp 11g
Proximates				
Water	g	66.94	118.48	7.36
Energy	kcal	127	225	14
Protein	g	8.67	15.35	0.95
Total lipid (fat)	g	0.50	0.89	0.06
Carbohydrate, by difference	g	22.80	40.36	2.51
Fiber, total dietary	g	6.4	11.3	0.7
Sugars, total	g	0.32	0.57	0.04
Minerals				
Calcium, Ca	mg	35	62	4
Iron, Fe	mg	2.22	3.93	0.24
Magnesium, Mg	mg	42	74	5
Phosphorus, P	mg	138	244	15
Potassium, K	mg	405	717	45
Sodium, Na	mg	1	2	0
Zinc, Zn	mg	1.00	1.77	0.11
Vitamins				
Vitamin C, total ascorbic acid	mg	1.2	2.1	0.1
Thiamin	mg	0.160	0.283	0.018
Riboflavin	mg	0.058	0.103	0.006
Niacin	mg	0.578	1.023	0.064
Vitamin B-6	mg	0.120	0.212	0.013
Folate, DFE	µg	130	230	14
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.03	0.05	0.00

Nutrient	Unit	1 Value Per100 g	1 cup 177g	1 tbsp 11g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	8.4	14.9	0.9
Lipids				
Fatty acids, total saturated	g	0.073	0.129	0.008
Fatty acids, total monounsaturated	g	0.039	0.069	0.004
Fatty acids, total polyunsaturated	g	0.278	0.492	0.031
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0