

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

Report Date: September 23, 2017 21:13 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 |

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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 | 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 |