

Basic Report 16030, Beans, kidney, california red, mature seeds, raw

Report Date: August 18, 2017 06:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 184g
Proximates			
Water	g	11.75	21.62
Energy	kcal	330	607
Protein	g	24.37	44.84
Total lipid (fat)	g	0.25	0.46
Carbohydrate, by difference	g	59.80	110.03
Fiber, total dietary	g	24.9	45.8
Minerals			
Calcium, Ca	mg	195	359
Iron, Fe	mg	9.35	17.20
Magnesium, Mg	mg	160	294
Phosphorus, P	mg	405	745
Potassium, K	mg	1490	2742
Sodium, Na	mg	11	20
Zinc, Zn	mg	2.55	4.69
Vitamins			
Vitamin C, total ascorbic acid	mg	4.5	8.3
Thiamin	mg	0.529	0.973
Riboflavin	mg	0.219	0.403
Niacin	mg	2.060	3.790
Vitamin B-6	mg	0.397	0.730
Folate, DFE	µg	394	725
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	8	15
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

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Lipids			
Fatty acids, total saturated	g	0.036	0.066
Fatty acids, total monounsaturated	g	0.019	0.035
Fatty acids, total polyunsaturated	g	0.138	0.254
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other