

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

Report Date: October 23, 2017 03:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 184g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 184g</b>
<b>Lipids</b>			
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**