

Basic Report 16037, Beans, navy, mature seeds, raw

Report Date: September 20, 2019 06:22 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 208g
Proximates			
Water	g	12.10	25.17
Energy	kcal	337	701
Protein	g	22.33	46.45
Total lipid (fat)	g	1.50	3.12
Carbohydrate, by difference	g	60.75	126.36
Fiber, total dietary	g	15.3	31.8
Sugars, total	g	3.88	8.07
Minerals			
Calcium, Ca	mg	147	306
Iron, Fe	mg	5.49	11.42
Magnesium, Mg	mg	175	364
Phosphorus, P	mg	407	847
Potassium, K	mg	1185	2465
Sodium, Na	mg	5	10
Zinc, Zn	mg	3.65	7.59
Vitamins			
Thiamin	mg	0.775	1.612
Riboflavin	mg	0.164	0.341
Niacin	mg	2.188	4.551
Vitamin B-6	mg	0.428	0.890
Folate, DFE	µg	364	757
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.02	0.04
Vitamin D (D2 + D3)	µg	0.0	0.0

Nutrient	Unit	1 Value Per100 g	1 cup 208g
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	2.5	5.2
Lipids			
Fatty acids, total saturated	g	0.170	0.354
Fatty acids, total monounsaturated	g	0.128	0.266
Fatty acids, total polyunsaturated	g	0.873	1.816
Fatty acids, total trans	g	0.000	0.000
Amino Acids			
Other			
Caffeine	mg	0	0