

## Basic Report 16039, Beans, navy, mature seeds, canned

Report Date: October 21, 2017 06:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 262g
<b>Proximates</b>			
Water	g	70.45	184.58
Energy	kcal	113	296
Protein	g	7.53	19.73
Total lipid (fat)	g	0.43	1.13
Carbohydrate, by difference	g	20.45	53.58
Fiber, total dietary	g	5.1	13.4
Sugars, total	g	0.28	0.73
<b>Minerals</b>			
Calcium, Ca	mg	47	123
Iron, Fe	mg	1.85	4.85
Magnesium, Mg	mg	47	123
Phosphorus, P	mg	134	351
Potassium, K	mg	288	755
Sodium, Na	mg	336	880
Zinc, Zn	mg	0.77	2.02
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.7	1.8
Thiamin	mg	0.141	0.369
Riboflavin	mg	0.055	0.144
Niacin	mg	0.487	1.276
Vitamin B-6	mg	0.103	0.270
Folate, DFE	µg	62	162
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	1	3
Vitamin E (alpha-tocopherol)	mg	0.78	2.04

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 262g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	2.9	7.6
<b>Lipids</b>			
Fatty acids, total saturated	g	0.112	0.293
Fatty acids, total monounsaturated	g	0.038	0.100
Fatty acids, total polyunsaturated	g	0.186	0.487
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0