

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

Report Date: February 24, 2018 02:49 EST

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup 262g |
|--------------------------------|------|------------------------|---------------|
| Proximates | | | |
| 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 |
| Minerals | | | |
| 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 |
| Vitamins | | | |
| 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 |

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|------------------------------------|-------------|---------------------------------|-----------------------|
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 2.9 | 7.6 |
| Lipids | | | |
| 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 |
| Amino Acids | | | |
| Other | | | |
| Caffeine | mg | 0 | 0 |