

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

Report Date: December 11, 2017 23:30 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

Nutrient	Unit	1 Value Per100 g	1 cup 262g
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