

Basic Report 16043, Beans, pinto, mature seeds, cooked, boiled, without salt

Report Date: May 28, 2017 20:10 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 171g	1 tbsp 10.6g
Proximates				
Water	g	62.95	107.64	6.67
Energy	kcal	143	245	15
Protein	g	9.01	15.41	0.96
Total lipid (fat)	g	0.65	1.11	0.07
Carbohydrate, by difference	g	26.22	44.84	2.78
Fiber, total dietary	g	9.0	15.4	1.0
Sugars, total	g	0.34	0.58	0.04
Minerals				
Calcium, Ca	mg	46	79	5
Iron, Fe	mg	2.09	3.57	0.22
Magnesium, Mg	mg	50	86	5
Phosphorus, P	mg	147	251	16
Potassium, K	mg	436	746	46
Sodium, Na	mg	1	2	0
Zinc, Zn	mg	0.98	1.68	0.10
Vitamins				
Vitamin C, total ascorbic acid	mg	0.8	1.4	0.1
Thiamin	mg	0.193	0.330	0.020
Riboflavin	mg	0.062	0.106	0.007
Niacin	mg	0.318	0.544	0.034
Vitamin B-6	mg	0.229	0.392	0.024
Folate, DFE	µg	172	294	18
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.94	1.61	0.10

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	3.5	6.0	0.4
Lipids				
Fatty acids, total saturated	g	0.136	0.233	0.014
Fatty acids, total monounsaturated	g	0.133	0.227	0.014
Fatty acids, total polyunsaturated	g	0.235	0.402	0.025
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0