

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

Report Date: November 23, 2017 22:50 EST

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 cup<br>171g | 1 tbsp<br>10.6g |
|--------------------------------|------|------------------------|---------------|-----------------|
| <b>Proximates</b>              |      |                        |               |                 |
| 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            |
| <b>Minerals</b>                |      |                        |               |                 |
| 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            |
| <b>Vitamins</b>                |      |                        |               |                 |
| 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            |

| <b>Nutrient</b>                    | <b>Unit</b> | <b>1<br/>Value<br/>Per100 g</b> | <b>1 cup<br/>171g</b> | <b>1 tbsp<br/>10.6g</b> |
|------------------------------------|-------------|---------------------------------|-----------------------|-------------------------|
| 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                     |
| <b>Lipids</b>                      |             |                                 |                       |                         |
| 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                       |
| <b>Amino Acids</b>                 |             |                                 |                       |                         |
| <b>Other</b>                       |             |                                 |                       |                         |
| Caffeine                           | mg          | 0                               | 0                     | 0                       |