

Basic Report 16045, Beans, small white, mature seeds, raw

Report Date: August 18, 2017 06:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 215g
Proximates			
Water	g	11.71	25.18
Energy	kcal	336	722
Protein	g	21.11	45.39
Total lipid (fat)	g	1.18	2.54
Carbohydrate, by difference	g	62.25	133.84
Fiber, total dietary	g	24.9	53.5
Minerals			
Calcium, Ca	mg	173	372
Iron, Fe	mg	7.73	16.62
Magnesium, Mg	mg	183	393
Phosphorus, P	mg	445	957
Potassium, K	mg	1542	3315
Sodium, Na	mg	12	26
Zinc, Zn	mg	2.81	6.04
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.743	1.597
Riboflavin	mg	0.207	0.445
Niacin	mg	1.342	2.885
Vitamin B-6	mg	0.439	0.944
Folate, DFE	µg	386	830
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 cup 215g
Lipids			
Fatty acids, total saturated	g	0.304	0.654
Fatty acids, total monounsaturated	g	0.102	0.219
Fatty acids, total polyunsaturated	g	0.507	1.090
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other