

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

Report Date: June 24, 2017 23:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 215g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 215g</b>
<b>Lipids</b>			
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**