

## Basic Report 16049, Beans, white, mature seeds, raw

Report Date: June 16, 2019 04:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 202g	1 tbsp 12.6g
<b>Proximates</b>				
Water	g	11.32	22.87	1.43
Energy	kcal	333	673	42
Protein	g	23.36	47.19	2.94
Total lipid (fat)	g	0.85	1.72	0.11
Carbohydrate, by difference	g	60.27	121.75	7.59
Fiber, total dietary	g	15.2	30.7	1.9
Sugars, total	g	2.11	4.26	0.27
<b>Minerals</b>				
Calcium, Ca	mg	240	485	30
Iron, Fe	mg	10.44	21.09	1.32
Magnesium, Mg	mg	190	384	24
Phosphorus, P	mg	301	608	38
Potassium, K	mg	1795	3626	226
Sodium, Na	mg	16	32	2
Zinc, Zn	mg	3.67	7.41	0.46
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.437	0.883	0.055
Riboflavin	mg	0.146	0.295	0.018
Niacin	mg	0.479	0.968	0.060
Vitamin B-6	mg	0.318	0.642	0.040
Folate, DFE	µg	388	784	49
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	0.21	0.42	0.03

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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	5.6	11.3	0.7
<b>Lipids</b>				
Fatty acids, total saturated	g	0.219	0.442	0.028
Fatty acids, total monounsaturated	g	0.074	0.149	0.009
Fatty acids, total polyunsaturated	g	0.364	0.735	0.046
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