

## Full Report (All Nutrients) 16049, Beans, white, mature seeds, raw

Report Date: July 16, 2019 03:05 EDT

Nutrient values and weights are for edible portion.

Food Group : Legumes and Legume Products

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 202g	1 tbsp 12.6g
<b>Proximates</b>						
Water	g	11.32	9	0.240	22.87	1.43
Energy	kcal	333	--	--	673	42
Energy	kJ	1393	--	--	2814	176
Protein	g	23.36	12	0.340	47.19	2.94
Total lipid (fat)	g	0.85	10	0.260	1.72	0.11
Ash	g	4.20	6	0.050	8.48	0.53
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	5	47.000	485	30
Iron, Fe	mg	10.44	5	0.480	21.09	1.32
Magnesium, Mg	mg	190	3	--	384	24
Phosphorus, P	mg	301	3	--	608	38
Potassium, K	mg	1795	5	253.000	3626	226
Sodium, Na	mg	16	1	--	32	2
Zinc, Zn	mg	3.67	5	0.290	7.41	0.46
Copper, Cu	mg	0.984	3	--	1.988	0.124
Manganese, Mn	mg	1.796	3	--	3.628	0.226
Selenium, Se	µg	12.8	--	--	25.9	1.6
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

Nutrient	Unit	1			1 cup 202g	1 tbsp 12.6g
		Value Per100 g	Data points	Std. Error		
Thiamin	mg	0.437	6	0.174	0.883	0.055
Riboflavin	mg	0.146	6	0.056	0.295	0.018
Niacin	mg	0.479	4	0.291	0.968	0.060
Pantothenic acid	mg	0.732	--	--	1.479	0.092
Vitamin B-6	mg	0.318	1	--	0.642	0.040
Folate, total	µg	388	--	--	784	49
Folic acid	µg	0	--	--	0	0
Folate, food	µg	388	--	--	784	49
Folate, DFE	µg	388	--	--	784	49
Choline, total	mg	66.2	--	--	133.7	8.3
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.21	--	--	0.42	0.03
Vitamin E, added	mg	0.00	--	--	0.00	0.00
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
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.001	--	--	0.002	0.000

Nutrient	Unit	1	Data points	Std. Error	1 cup 202g	1 tbsp 12.6g
		Value Per100 g				
16:0	g	0.205	--	--	0.414	0.026
18:0	g	0.013	--	--	0.026	0.002
Fatty acids, total monounsaturated	g	0.074	--	--	0.149	0.009
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.074	--	--	0.149	0.009
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.364	--	--	0.735	0.046
18:2 undifferentiated	g	0.198	--	--	0.400	0.025
18:3 undifferentiated	g	0.166	--	--	0.335	0.021
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan	g	0.277	--	--	0.560	0.035
Threonine	g	0.983	--	--	1.986	0.124
Isoleucine	g	1.031	--	--	2.083	0.130
Leucine	g	1.865	--	--	3.767	0.235
Lysine	g	1.603	--	--	3.238	0.202
Methionine	g	0.351	--	--	0.709	0.044
Cystine	g	0.254	--	--	0.513	0.032
Phenylalanine	g	1.263	--	--	2.551	0.159
Tyrosine	g	0.658	--	--	1.329	0.083
Valine	g	1.222	--	--	2.468	0.154
Arginine	g	1.446	--	--	2.921	0.182
Histidine	g	0.650	--	--	1.313	0.082
Alanine	g	0.979	--	--	1.978	0.123
Aspartic acid	g	2.825	--	--	5.707	0.356
Glutamic acid	g	3.561	--	--	7.193	0.449

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 202g	1 tbsp 12.6g
Glycine	g	0.912	--	--	1.842	0.115
Proline	g	0.990	--	--	2.000	0.125
Serine	g	1.271	--	--	2.567	0.160
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
<b>Flavonoids</b>						
Flavan-3-ols						
(+)-Catechin <a href="#">1</a>	mg	0.0	3	0	0.0	0.0
(-)-Epigallocatechin <a href="#">1</a>	mg	0.0	3	0	0.0	0.0
(-)-Epicatechin <a href="#">1</a>	mg	0.1	3	0	0.2	0.0
(-)-Epicatechin 3-gallate <a href="#">1</a>	mg	0.0	3	0	0.0	0.0
(-)-Epigallocatechin 3-gallate <a href="#">1</a>	mg	0.0	3	0	0.0	0.0
(+)-Galocatechin <a href="#">1</a>	mg	0.0	3	0	0.0	0.0
Flavonols						
Kaempferol <a href="#">2</a>	mg	3.4	6	1.1	6.9	0.4
Isoflavones						
Daidzein <a href="#">4</a>	mg	0.00	1	--	0.00	0.00
Genistein <a href="#">4</a>	mg	0.01	1	--	0.02	0.00
Glycitein <a href="#">4</a>	mg	0.01	1	--	0.02	0.00
Total isoflavones <a href="#">4</a>	mg	0.02	1	--	0.04	0.00
Biochanin A	mg	0.01	1	--	0.02	0.00
Formononetin	mg	0.00	1	--	0.00	0.00
Coumestrol	mg	0.00	1	--	0.00	0.00
Proanthocyanidin						
Proanthocyanidin dimers <a href="#">3</a>	mg	0.0	3	0	0.1	0.0
Proanthocyanidin trimers <a href="#">3</a>	mg	0.0	3	0	0.0	0.0

<sup>1</sup>de Pascual-Teresa, S., Santos-Buelga, C., & Rivas-Gonzalo, J.C. Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages., 2000 J. Agric. Food Chem. 48 pp.5331-5337

<sup>2</sup>Sakakibara, H., Honda, Y., Nakagawa, S., Ashida, H., and Kanazawa, K. Simultaneous determination of all polyphenols in vegetables, fruits, and teas, 2003 J. Agric. Food Chem. 51 3 pp.571-581

<sup>3</sup>de Pascual-Teresa, S., Santos-Buelga, C., and Rivas-Gonzalo, J.C. Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages, 2000 J. Agric. Food Chem. 48 pp.5331-5337

<sup>4</sup>Antonelli, M. L., Faberi, A., Pastorini, E., Samperi, R., and Lagana, A. Simultaneous quantification of free and conjugated phytoestrogens in leguminosae by liquid chromatography-tandem mass spectrometry, 2005 Talanta 66 pp.1025-1033

**Languag Code(s)**

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1286 1600 LEGUMES AND LEGUME PRODUCTS (USDA SR)
- B1999 COMMON BEAN
- C0133 SEED, SKIN PRESENT, GERM PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0001 EXTENT OF HEAT TREATMENT NOT KNOWN
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0116 DEHYDRATED OR DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0052 RIPE OR MATURE