

Basic Report 16051, Beans, white, mature seeds, canned

Report Date: October 24, 2017 00:02 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup 262g |
|--------------------------------|------|------------------------|---------------|
| Proximates | | | |
| Water | g | 70.10 | 183.66 |
| Energy | kcal | 114 | 299 |
| Protein | g | 7.26 | 19.02 |
| Total lipid (fat) | g | 0.29 | 0.76 |
| Carbohydrate, by difference | g | 21.20 | 55.54 |
| Fiber, total dietary | g | 4.8 | 12.6 |
| Sugars, total | g | 0.29 | 0.76 |
| Minerals | | | |
| Calcium, Ca | mg | 73 | 191 |
| Iron, Fe | mg | 2.99 | 7.83 |
| Magnesium, Mg | mg | 51 | 134 |
| Phosphorus, P | mg | 91 | 238 |
| Potassium, K | mg | 454 | 1189 |
| Sodium, Na | mg | 340 | 891 |
| Zinc, Zn | mg | 1.12 | 2.93 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 |
| Thiamin | mg | 0.096 | 0.252 |
| Riboflavin | mg | 0.037 | 0.097 |
| Niacin | mg | 0.113 | 0.296 |
| Vitamin B-6 | mg | 0.075 | 0.196 |
| Folate, DFE | µg | 65 | 170 |
| Vitamin B-12 | µg | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 0 | 0 |
| Vitamin A, IU | IU | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.79 | 2.07 |

| Nutrient | Unit | 1 Value Per100 g | 1 cup 262g |
|------------------------------------|-------------|---------------------------------|-----------------------|
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 2.9 | 7.6 |
| Lipids | | | |
| Fatty acids, total saturated | g | 0.074 | 0.194 |
| Fatty acids, total monounsaturated | g | 0.025 | 0.066 |
| Fatty acids, total polyunsaturated | g | 0.123 | 0.322 |
| Fatty acids, total trans | g | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 |

Amino Acids

Other