

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

Report Date: June 28, 2017 11:43 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