

Full Report (All Nutrients) 16051, Beans, white, mature seeds, canned

Report Date: November 22, 2017 22:45 EST

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 262g
Proximates					
Water	g	70.10	1	--	183.66
Energy	kcal	114	--	--	299
Energy	kJ	477	--	--	1250
Protein	g	7.26	1	--	19.02
Total lipid (fat)	g	0.29	--	--	0.76
Ash	g	1.15	--	--	3.01
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
Copper, Cu	mg	0.232	--	--	0.608
Manganese, Mn	mg	0.515	--	--	1.349
Selenium, Se	µg	1.6	--	--	4.2
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 262g
Thiamin	mg	0.096	--	--	0.252
Riboflavin	mg	0.037	--	--	0.097
Niacin	mg	0.113	--	--	0.296
Pantothenic acid	mg	0.185	--	--	0.485
Vitamin B-6	mg	0.075	--	--	0.196
Folate, total	µg	65	--	--	170
Folic acid	µg	0	--	--	0
Folate, food	µg	65	--	--	170
Folate, DFE	µg	65	--	--	170
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.79	--	--	2.07
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
14:0	g	0.000	--	--	0.000
16:0	g	0.069	--	--	0.181
18:0	g	0.004	--	--	0.010
Fatty acids, total monounsaturated	g	0.025	--	--	0.066
18:1 undifferentiated	g	0.025	--	--	0.066
Fatty acids, total polyunsaturated	g	0.123	--	--	0.322
18:2 undifferentiated	g	0.067	--	--	0.176
18:3 undifferentiated	g	0.056	--	--	0.147
Fatty acids, total trans	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 262g
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.086	--	--	0.225
Threonine	g	0.305	--	--	0.799
Isoleucine	g	0.320	--	--	0.838
Leucine	g	0.579	--	--	1.517
Lysine	g	0.498	--	--	1.305
Methionine	g	0.109	--	--	0.286
Cystine	g	0.079	--	--	0.207
Phenylalanine	g	0.392	--	--	1.027
Tyrosine	g	0.204	--	--	0.534
Valine	g	0.380	--	--	0.996
Arginine	g	0.449	--	--	1.176
Histidine	g	0.202	--	--	0.529
Alanine	g	0.304	--	--	0.796
Aspartic acid	g	0.878	--	--	2.300
Glutamic acid	g	1.106	--	--	2.898
Glycine	g	0.283	--	--	0.741
Proline	g	0.308	--	--	0.807
Serine	g	0.395	--	--	1.035
Other					