

Basic Report 16053, Broadbeans (fava beans), mature seeds, cooked, boiled, without salt

Report Date: September 18, 2019 20:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 170g
Proximates			
Water	g	71.54	121.62
Energy	kcal	110	187
Protein	g	7.60	12.92
Total lipid (fat)	g	0.40	0.68
Carbohydrate, by difference	g	19.65	33.40
Fiber, total dietary	g	5.4	9.2
Sugars, total	g	1.82	3.09
Minerals			
Calcium, Ca	mg	36	61
Iron, Fe	mg	1.50	2.55
Magnesium, Mg	mg	43	73
Phosphorus, P	mg	125	212
Potassium, K	mg	268	456
Sodium, Na	mg	5	8
Zinc, Zn	mg	1.01	1.72
Vitamins			
Vitamin C, total ascorbic acid	mg	0.3	0.5
Thiamin	mg	0.097	0.165
Riboflavin	mg	0.089	0.151
Niacin	mg	0.711	1.209
Vitamin B-6	mg	0.072	0.122
Folate, DFE	µg	104	177
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	1	2
Vitamin A, IU	IU	15	26
Vitamin E (alpha-tocopherol)	mg	0.02	0.03

Nutrient	Unit	1 Value Per100 g	1 cup 170g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	2.9	4.9
Lipids			
Fatty acids, total saturated	g	0.066	0.112
Fatty acids, total monounsaturated	g	0.079	0.134
Fatty acids, total polyunsaturated	g	0.164	0.279
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0