

Basic Report 16067, Hyacinth beans, mature seeds, raw

Report Date: August 24, 2019 12:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 210g
Proximates			
Water	g	9.38	19.70
Energy	kcal	344	722
Protein	g	23.90	50.19
Total lipid (fat)	g	1.69	3.55
Carbohydrate, by difference	g	60.74	127.55
Fiber, total dietary	g	25.6	53.8
Minerals			
Calcium, Ca	mg	130	273
Iron, Fe	mg	5.10	10.71
Magnesium, Mg	mg	283	594
Phosphorus, P	mg	372	781
Potassium, K	mg	1235	2594
Sodium, Na	mg	21	44
Zinc, Zn	mg	9.30	19.53
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	1.130	2.373
Riboflavin	mg	0.136	0.286
Niacin	mg	1.610	3.381
Vitamin B-6	mg	0.155	0.325
Folate, DFE	µg	23	48
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 cup 210g
Lipids			
Fatty acids, total saturated	g	0.288	0.605
Fatty acids, total monounsaturated	g	0.076	0.160
Fatty acids, total polyunsaturated	g	0.715	1.502
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0