

Basic Report 16068, Hyacinth beans, mature seeds, cooked, boiled, without salt

Report Date: August 18, 2019 02:59 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 194g
Proximates			
Water	g	69.13	134.11
Energy	kcal	117	227
Protein	g	8.14	15.79
Total lipid (fat)	g	0.58	1.13
Carbohydrate, by difference	g	20.69	40.14
Minerals			
Calcium, Ca	mg	40	78
Iron, Fe	mg	4.58	8.89
Magnesium, Mg	mg	82	159
Phosphorus, P	mg	120	233
Potassium, K	mg	337	654
Sodium, Na	mg	7	14
Zinc, Zn	mg	2.85	5.53
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.270	0.524
Riboflavin	mg	0.037	0.072
Niacin	mg	0.411	0.797
Vitamin B-6	mg	0.037	0.072
Folate, DFE	µg	4	8
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

Lipids

Nutrient	Unit	1 Value Per100 g	1 cup 194g
Fatty acids, total saturated	g	0.099	0.192
Fatty acids, total monounsaturated	g	0.026	0.050
Fatty acids, total polyunsaturated	g	0.245	0.475
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other