

Basic Report 16081, Mung beans, mature seeds, cooked, boiled, without salt

Report Date: August 24, 2019 12:48 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 202g
Proximates			
Water	g	72.66	146.77
Energy	kcal	105	212
Protein	g	7.02	14.18
Total lipid (fat)	g	0.38	0.77
Carbohydrate, by difference	g	19.15	38.68
Fiber, total dietary	g	7.6	15.4
Sugars, total	g	2.00	4.04
Minerals			
Calcium, Ca	mg	27	55
Iron, Fe	mg	1.40	2.83
Magnesium, Mg	mg	48	97
Phosphorus, P	mg	99	200
Potassium, K	mg	266	537
Sodium, Na	mg	2	4
Zinc, Zn	mg	0.84	1.70
Vitamins			
Vitamin C, total ascorbic acid	mg	1.0	2.0
Thiamin	mg	0.164	0.331
Riboflavin	mg	0.061	0.123
Niacin	mg	0.577	1.166
Vitamin B-6	mg	0.067	0.135
Folate, DFE	µg	159	321
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	1	2
Vitamin A, IU	IU	24	48
Vitamin E (alpha-tocopherol)	mg	0.15	0.30

Nutrient	Unit	1 Value Per100 g	1 cup 202g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	2.7	5.5
Lipids			
Fatty acids, total saturated	g	0.116	0.234
Fatty acids, total monounsaturated	g	0.054	0.109
Fatty acids, total polyunsaturated	g	0.128	0.259
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0