

Basic Report 16084, Mungo beans, mature seeds, cooked, boiled, without salt

Report Date: May 29, 2017 21:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 180g	1 oz dry, yield after cooking 69g
Proximates				
Water	g	72.51	130.52	50.03
Energy	kcal	105	189	72
Protein	g	7.54	13.57	5.20
Total lipid (fat)	g	0.55	0.99	0.38
Carbohydrate, by difference	g	18.34	33.01	12.65
Fiber, total dietary	g	6.4	11.5	4.4
Sugars, total	g	2.01	3.62	1.39
Minerals				
Calcium, Ca	mg	53	95	37
Iron, Fe	mg	1.75	3.15	1.21
Magnesium, Mg	mg	63	113	43
Phosphorus, P	mg	156	281	108
Potassium, K	mg	231	416	159
Sodium, Na	mg	7	13	5
Zinc, Zn	mg	0.83	1.49	0.57
Vitamins				
Vitamin C, total ascorbic acid	mg	1.0	1.8	0.7
Thiamin	mg	0.150	0.270	0.103
Riboflavin	mg	0.075	0.135	0.052
Niacin	mg	1.500	2.700	1.035
Vitamin B-6	mg	0.058	0.104	0.040
Folate, DFE	µg	94	169	65
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	2	4	1
Vitamin A, IU	IU	31	56	21
Vitamin E (alpha-tocopherol)	mg	0.15	0.27	0.10

Nutrient	Unit	1	1 cup	1 oz dry, yield after cooking
		Value Per100 g	180g	69g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	2.7	4.9	1.9
Lipids				
Fatty acids, total saturated	g	0.038	0.068	0.026
Fatty acids, total monounsaturated	g	0.029	0.052	0.020
Fatty acids, total polyunsaturated	g	0.359	0.646	0.248
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0