

## Basic Report 16146, Beans, pinto, canned, drained solids

Report Date: July 22, 2019 20:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 can drained solids 277g
<b>Proximates</b>			
Water	g	70.60	195.56
Energy	kcal	114	316
Protein	g	6.99	19.36
Total lipid (fat)	g	0.90	2.49
Carbohydrate, by difference	g	20.22	56.01
Fiber, total dietary	g	5.5	15.2
Sugars, total	g	0.54	1.50
<b>Minerals</b>			
Calcium, Ca	mg	63	175
Iron, Fe	mg	1.33	3.68
Magnesium, Mg	mg	32	89
Phosphorus, P	mg	101	280
Potassium, K	mg	274	759
Sodium, Na	mg	239	662
Zinc, Zn	mg	0.61	1.69
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.1	0.3
Thiamin	mg	0.052	0.144
Riboflavin	mg	0.019	0.053
Niacin	mg	0.272	0.753
Folate, DFE <sup>a</sup>	µg	24	66
Vitamin B-12	µg	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.158	0.438

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 can drained solids 277g</b>
Fatty acids, total monounsaturated	g	0.153	0.424
Fatty acids, total polyunsaturated	g	0.273	0.756
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

**Amino Acids**

**Other**

Caffeine	mg	0	0
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**Footnotes**

- <sup>a</sup> Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically
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