United States
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Human
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Handbook
Number 8-16

Composition of Foods:

Legumes and Legume Products

- Raw
- Processed
- Prepared

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By Nutrition Monitoring Division

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Foreword

Agriculture Handbook No. 8 represents a traditional function of the U.S. Department of Agriculture. The development of the basic food composition tables used in the United States began more than 90 years ago. Data on the nutritive value of foods were first compiled and evaluated in the Department by W. O. Atwater in the 1890's. This nutrition pioneer organized and became the first director of the Office of Experiment Stations in USDA. In 1896, the now-classic USDA Bulletin No. 28, "The Chemical Composition of American Food Materials," by W. O. Atwater and C. D. Woods was published. This document was the first in a long series of food composition tables that have been issued by the Department.

The scope of succeeding tables has been expanded with the discovery of the presence and role of vitamins, minerals, and other dietary essentials in foods. Values from these tables have been used in many other compilations, both in this country and abroad. Nutritionists and scientists working in health-related fields depend on these composition data. Increasing emphasis on food and nutrition in national policies and programs has accelerated the need for comprehensive, up-to-date tabulations of the nutrient content of foods. USDA is continuing to expand and improve these food data.

This publication is a major revision of the 1963 edition of USDA Agriculture Handbook No. 8, "Composition of Foods ...Raw, Processed, Prepared," currently a basic source of food composition data in this country. Dr. Atwater stated in Bulletin No. 28, "This table is intended to replace previous ones and to serve as a standard reference until it shall in its turn be replaced by a larger and more complete compilation." This revision of Agriculture Handbook No. 8 will, in its turn, also be replaced. The task of deriving representative nutrient values of foods is a historical responsibility of USDA. The task is never ending and is essential in providing more complete knowledge so that we can use our food resources wisely.

Robert L. Rizek, Director
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Preface

Revising the major nutrient tables issued by the U.S. Department of Agriculture is necessary to provide current nutrient information on foods. This revision of the 1963 edition of Agriculture Handbook No. 8 is being issued in sections to expedite the release of data to the public. Each section contains a table of nutrient data for a major food group. The entire series will cover a wide range of food products.

To facilitate continuous, rapid updating, each section of the handbook is being prepared in looseleaf form. Each page in the table contains the nutrient profile of a single food item given on the 100-gram food basis, in two common measures, and in the edible portion of 1 pound (453.6 grams) as purchased. This format permits a concise presentation of the data and a comparison of values from one unit of measure to another.

The scope of the nutrient listing has been enlarged. Values are provided for refuse, energy, proximate components (water, protein, fat, carbohydrate, and ash), 9 mineral elements (calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, and manganese), 9 vitamins (ascorbic acid, thiamin, riboflavin, niacin, pantothenic acid, vitamin B_6, folacin, vitamin B_{12}, and vitamin A), individual fatty acids, cholesterol, total phytosterols, and 18 amino acids.

The nutritive values contained in the handbook reflect the increasing information available on nutrients and food products. Our goal is for the revised and enlarged compilation of data to meet the requirements for reliable food composition values, which are basic to nutritional and dietary evaluation.

Acknowledgments

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They also thank those individuals in various government agencies, academic institutions, and private industry who supplied data and information used in this study.

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Composition of Foods:

Legumes and Legume Products

- Raw
- Processed
- Prepared

This is the sixteenth in a series of publications designed to revise and expand the food composition tables published in the 1963 edition of Agriculture Handbook No. 8, "Composition of Foods...Raw, Processed, Prepared" (27).[1] This section serves as a basic reference for data on the nutrients in legumes and legume products. This table was prepared with computer assistance, using the facilities of the Nutrient Data Bank (NDB) (16).

Data are presented for 133 legumes and legume products. Of these, 53 were included in the 1963 edition of the handbook. Raw, cooked, and canned forms of each legume are included if commercially available. Several items given in the 1963 edition of the handbook were omitted since they are no longer commercially available. Legumes grown primarily for forage or animal feed are also not included. Much of the nutrient data on processed products were obtained since 1973 from analyses conducted for nutritional labeling.

The nutrient values presented in this revision supersede values for those foods as given in previous publications of the department.

Sources of Data

The data presented here are based on values obtained primarily from unpublished data, including analyses carried out under contract with the Human Nutrition Information Service, industry, and government agencies. Published sources--journal articles, technical reports, conference proceedings, and other scientific and technical literature--were used.

Explanation of Table

Format

The alphabetical arrangement of the foods in the table is similar to that of the 1963 handbook. A guide containing the item name, corresponding item number(s) in the 1963 edition, the NDB number, and page number precedes the table.

The five-digit NDB number in the lower right-hand corner of the table is used for computer access to the data in machine-readable form. The NDB numbers are not necessarily consecutive. The first two digits designate the section or major food group for which the publication is issued, and the last three digits indicate the specific food.

Each page includes the year of preparation. When the table is updated or expanded, new pages will be issued with instructions for insertion.

Weights and Measures

Data are given per 100 grams of edible portion in column B; as the amount in two frequently used household measures or market units in columns E and F; and as the amount in the edible portion of 1 pound (453.6 grams) of food as purchased in column G. The abbreviations used in the tables are defined in the appendix. Metric system equivalents for these measures are also included in the appendix.

Data in column B are the sample means. Reliable data on the manufacturers' market share of processed legumes were not available. Therefore, the means for each source of data were

[1]Underlined numbers in parentheses refers to literature cited, p. 11.

treated equally. Values in column C are the sample standard errors and are given to three decimal places. The standard error could not be calculated when there were two or more data sources and the number of samples from any one data source was one.

Column D contains the number of samples on which the values in columns B and C are based. For some foods and nutrients, means are given without the standard error and number of samples. These values were calculated from another form of the food, from a similar food, or are based on a recipe.

The number of decimal places for some nutrients differs from that in the 1963 handbook. The decimal places shown are based on the number used in the bulk of the analytical data collected. Appropriate relationships among the different weights of a food item were preserved by using the same number of decimal places for data on the 100-gram basis and for data for other measures. The number of decimal places does not necessarily reflect the accuracy of the data.

Values in columns E, F, and G were calculated from the data on the 100-gram basis to three decimal places. Because of rounding, a nutrient value may appear as zero in the 100-gram column, although a value greater than zero appears in the household measure or pound as purchased columns. The measures and weights used to calculate the nutrient values appear above columns E and F. Values reported in column G represent nutrient values for one pound of the food as purchased. All items reported in this table have zero refuse (13).

Most of these weights and measures were selected from U.S. Department of Agriculture Handbook No. 456 (AH-456) (1), Home Economics Research Report No. 41 (HERR-41)(9), or from industry and unpublished data. If no information on a specific food was available, values for a similar form of the food were substituted. Wide ranges in weights of a given measure or unit of a food were often observed. AH-456 contains a detailed discussion of weight and volume relationships.

Blanks indicate that no data were available for that nutrient in that particular food.

Values for some prepared legumes were calculated from data on the raw forms by applying general retention factors developed by the staff of the Human Nutrition Information Service. The factors were developed by using data obtained through contracts sponsored by the agency. The true retention factors used in these calculations are given in the appendix.

Nutrients

Proximate components.--Proximate components include moisture (water), energy, protein, fat, carbohydrate, and ash. Food energy is expressed in terms of both kilocalories and kilojoules. One kilocalorie equals 4.184 kilojoules. The data are for physiological energy values and represent the energy value remaining after the losses in digestion and metabolism have been deducted from the gross energy. Calorie factors are based on the Atwater system for determining energy values. Details of the derivation of the calorie factors are outlined in Agriculture Handbook No. 74 (15).

Specific calorie factors used for legumes and legume products are given in the appendix. Factors for legumes and legume products containing more than one ingredient source of calories were derived by using the proportion of each ingredient with the appropriate energy factors for each ingredient. These factors were rounded to one decimal place.

Values for protein are calculated from nitrogen (N) by the use of appropriate

nitrogen-to-protein conversion factors. For each food the factor used is given in the stub of the table after protein. Food composition tables have traditionally used the nitrogen-to-protein factors of Jones (10). The general (or average) factor of 6.25 is used to calculate crude protein, and is used when a specific factor does not exist. However, for soybeans, although Jones recommended a specific factor of 5.71, industry and end users commonly use the factor of 6.25 to calculate protein (22). For soy flours, soy meals, soy protein concentrates and soy protein isolates, values for protein, carbohydrate and energy are omitted from the table. For these items a footnote presents protein values calculated by each of the nitrogen-to-protein conversion factors, together with the corresponding values for carbohydrate and energy. Protein factors for legume products containing more than one protein source were derived by using the proportion of each source with its appropriate conversion factor. These derived factors were rounded to one decimal place.

Soybeans and soybean products are high in phospholipids. Total lipid, as reported in the tables, is determined by ether extraction methodology, which measures only neutral fat. There are limited data for total lipid in legumes, therefore, for these items the value for total lipid may be underestimated. For soy protein isolate, the value in the table is total lipid determined by acid hydrolysis.

Carbohydrates.--The carbohydrate value is the difference between 100 and the sum of the percentages of water, protein, fat, and ash. The value for carbohydrate includes fiber. Crude fiber is given in the table, and values for insoluble dietary fiber, as determined by the neutral detergent fiber method (3), are given in footnotes if data were available.

Minerals.--Data on the content of nine mineral elements are included in the table. Zinc, copper, and manganese have been added to the minerals that were reported in the 1963 handbook. Mineral values were usually determined by AOAC methods (4): atomic absorption was used for most minerals; however, phosphorus was determined colorimetrically and sodium and potassium were usually determined by flame photometry. The analytical mineral values represent the total amount present in the food and include those amounts, if any, added to the product in preparation for the retail market. The values do not necessarily represent the amounts of the mineral elements available to the body.

Vitamins.--Data on the content of nine vitamins are included in the tables. Ascorbic acid values are expressed in terms of reduced ascorbic acid. Thiamin was determined chemically by the thiochrome procedure or by microbiological procedures. Fluorometric and microbiological methods were used to measure riboflavin.

Niacin values were obtained both chemically and microbiologically. The values for niacin do not include the niacin that could be derived from tryptophan, a niacin precursor. The sum of the preformed niacin and the amount that could be derived from tryptophan is called the "niacin equivalent." In estimating the amount of niacin available from foods, a mean value of 60 mg of tryptophan is considered equivalent to 1 mg of niacin (17).

Pantothenic acid and vitamin B_6 were determined microbiologically. The folacin value reported in the table represents total folate in which bound folacin was released by enzyme extraction, and ascorbic acid was used to protect the folate from oxidation. Most analytical values shown for folacin were

determined by the use of conjugase and Lactobacillus casei.

Vitamin B_{12} is not present in legumes and legume products except where an animal product (such as milk, eggs, meat or cheese) that does contain vitamin B_{12} has been added. Vitamin B_{12} has been reported in certain fermented legume products, such as soy sauce, tempeh, and miso. It is believed that this B_{12} is synthesized not by the microorganisms responsible for the fermentation of the legume substrate but rather by other contaminating microorganisms that may be present (11). Therefore one may not be able to consider these foods a reliable, consistent source of vitamin B_{12}.

The vitamin A activity of legumes and legume products is due to the various provitamin-A carotenoids that are present. No preformed vitamin A (retinol) is present in legumes and legume products except where a retinol-containing product has been added. Most legumes and legume products typically contain very low amounts of vitamin A. At these low levels the analytical results are extremely variable, depending on the laboratory and on the analytical method chosen. Vitamin A activity is expressed both as international units (IU) and as retinol equivalents (RE). One IU is equivalent to 0.3 mcg of retinol or 0.6 mcg of beta-carotene; one RE is equivalent to 1 mcg of retinol or 6 mcg of beta-carotene. One RE is equal to 3.33 IU of retinol or 10 IU of beta-carotene.

To determine an accurate vitamin A value, the active carotenoids must be separated from each other, identified, measured quantitatively, and weighted by their biological activities. However, data obtained by separating individual carotenoids are not yet available for most legumes or legume products. Vitamin A values reported in the tables were obtained by the AOAC method (4). By this procedure, the total carotene is measured and is attributed to beta-carotene.

Vitamin E values, if available, are reported in a footnote as milligrams of alpha-tocopherol, the most active form of vitamin E (14).

Vitamin values reported in the table for canned or processed legumes reflect the vitamin content of the products shortly after processing. Dry legumes may be stored for 1 year or longer before packaging for the retail market.

Lipids.--Trivial or scientific names for the fatty acids have not been used because the values for the unsaturated acids include positional and geometric isomers. In the list of fatty acids, the first digit denotes the number of carbon atoms and the second the number of double bonds in the chain. Only data from gas-liquid chromatographic analyses are included. The values shown are for the actual quantity of each fatty acid and do not represent fatty acid triglycerides. Most fatty acid data were obtained as the percentage of fatty acid methyl esters. These data were converted to grams of fatty acid per 100 grams of total lipid by using the conversion factors given in the appendix. Details of the derivation of lipid conversion factors have been published elsewhere (28).

Values for total saturated, monounsaturated, and polyunsaturated fatty acids include individual fatty acids not reported in the table for many foods; therefore, they may exceed the sum of the individual fatty acids listed. In rare cases, the sum of the individual fatty acids may exceed the value given for the total saturated, monounsaturated, and polyunsaturated. This difference is caused by rounding. Zero values for individual fatty acids should be understood to mean trace amounts of the individual fatty acid may be present. When grams of fatty acids per 100 grams of total lipid is converted to grams of fatty acids per 100 grams

of food, converted values of less than 0.0005 are rounded to zero.

Legumes and legume products, like all plant products, do not contain cholesterol unless fats of animal origin are added. The cholesterol values in the table are means of data obtained by either colorimetric or gas-liquid chromatographic procedures.

Amino acids.--The data for amino acids were obtained by ion-exchange chromatographic, gas chromatographic, and microbiological methods. Values shown are for the total quantity of each amino acid in the food, both protein-bound and free forms. For most legumes and legume products, data were insufficient to permit determination of differences due to processing, cultivar, maturity, growing location, or environmental factors.

One amino acid pattern on a per-gram-of-nitrogen basis was developed for each legume or legume product. The number of samples upon which the pattern is based is given the first time the legume or legume product appears in the table unless a difference is indicated in the footnotes. Since analytical data were unavailable for legume combinations or recipes, their amino acid patterns were calculated from data for the individual components.

Amino acid contents of the raw and processed forms of the legumes and legume products were calculated from the mean amino acid contents per gram of nitrogen by the use of protein content and nitrogen factors given in the table for the specific food. The amino acid values may be converted to the per-gram-of-nitrogen basis by dividing the amount in a specific quantity of food by the nitrogen content in the same quantity of food.

Notes on Legumes and Legume Products

The legumes included in the tables are restricted to the mature, dry seeds of the family Fabaceae or Leguminosae. The immature seeds or pods and other parts of the plants, such as leaves, tubers, and sprouted seeds are included in the section on Vegetables and Vegetable Products, Agriculture Handbook No. 8-11 (AH8-11) (24) when appropriate.

Data are presented for raw, cooked, canned, and fermented legumes, and legume products. If appropriate, data are presented for both the unprepared and the prepared forms of the food. Legumes and legume products are presented alphabetically by common name. The raw form is given first, followed by the cooked or processed forms.

Nutrient data for different forms of legumes and legume products were not necessarily derived from the same sample. That is, a single sample of kidney beans was not analyzed in all forms given in the table: raw, cooked, and canned. The data were obtained from many sources and most likely represent different crop years, growing areas, cultivars, processing techniques, lengths and conditions of storage, and possibly different methods of analysis. Therefore, in a comparison of different forms of a legume, nutritional differences should not be ascribed solely to the effect of processing or preparation methods.

Raw legumes.--Although nutrient data were available for several cultivars of some legumes, the data base for any one cultivar was too small to justify giving separate entries by cultivar. Production data for processed legumes were unavailable.

Raw legumes are not eaten because toxic factors, such as hemaglutinins and trypsin inhibitors (2), are present. Raw legumes are also unpalatable and hard to digest. The usual processing or preparation methods, such as cooking and canning, remove or inactivate these toxic factors. Cooking or other

processing of legumes also makes them more palatable by reducing the beany flavor that some find objectionable.

Prepared legumes.--Nutrient data for cooked legumes were sometimes unavailable or incomplete. In these cases, nutrient values for the cooked form were calculated from data for the raw form of the same legume. For example, nutrient data for boiled peanuts were calculated from data for raw peanuts. Appropriate true nutrient retention factors were used to calculate the nutrient content of the cooked foods after adjusting for moisture changes. The percentage yields for cooked legumes prepared from raw legumes are given in the appendix.

Sodium values are relatively low for cooked legumes because no salt was added. Since the sodium content of tap water varies according to location, the sodium value of cooked legumes may be underestimated if the water supply naturally contains significant amounts of sodium. Sodium content of cooked legumes depends on the amount of salt used in cooking and can be as high as that of canned legumes.

Tap water also contains other dissolved minerals. The content varies considerably depending on the source and treatment of the local water supply.

Retention values are generally based on cooking methods that minimize the loss of nutrients, particularly the water-soluble vitamins. Nutrient values of cooked legumes obtained by these procedures tend to be higher than those values for the same legumes cooked by less-than-optimum methods.

Some conditions that affect the retention of nutrients in legumes include cooking method, size and shape of the legumes or amount of surface area, maturity, condition of the legume, proportion of broken seeds, and cooking time.

Nutrient values for legume mixtures such as home-prepared Boston baked beans were calculated from recipes developed for the 1985 Continuing Survey of Food Intakes by Individuals, conducted by the U.S. Department of Agriculture. Values for each nutrient provided by the ingredients used in the recipe were totaled. Nutrient values were adjusted by using appropriate retention values to account for any changes caused by evaporation and heat destruction.

Several factors such as growing location, crop year, differences in postharvest handling and storage, and variations in processing or cooking methods may cause a processed or prepared form of a legume to have a higher nutrient content than the raw form.

Data for canned legumes were often developed for the purpose of nutritional labeling; therefore data are presented for the total can contents. During the canning process, and sometimes during cooking, the cotyledons of legumes rupture, releasing starch into the brine; therefore, draining of the liquid medium is virtually impossible. Some packers may add sugar to certain canned legumes and this may also affect the nutrient content.

Nomenclature.--To aid in identifying individual legumes listed in the tables, the scientific name of the legume is printed below the common name the first time it appears, usually on the raw form of the legume. U.S. Department of Agriculture Handbook No. 505 (23) was used as the basic reference for the scientific and preferred common names.

Identifying legumes by their common names, however, is often confusing because these names are not always applied to the same food in different geographical locations. Some names of legumes in common use or unique to one region of the country have been cross-referenced in the guide. Additional descriptions of legumes and legume products are provided in the following paragraphs.

In other countries and among immigrants to the United States, various terms are often substituted for "legume." The term "pulse" is sometimes used for a legume having a low fat content. Pulses include common beans, broadbeans, peas, and lentils. Soybeans and peanuts are sometimes referred to as leguminous oilseeds (2).

"Dhal" or "dal" are legumes that have been dehulled and split. This practice is common in India to shorten the cooking time.

"Gram" is a term sometimes used in India for the whole seed of any legume (29) and sometimes used as another name for the chickpea (8). There are a number of other "grams." For example, red gram refers to pigeon peas and green gram refers to mung beans. These are indicated by cross-references in the guide to Legumes and Legume Products.

Adzuki beans (Vigna angularis) are grown primarily in East Asia, but have been introduced into the southern United States and Hawaii. These beans are eaten either boiled or fried. Adzuki beans ground into a fine paste are used in some confections, such as yokan. Canned adzuki beans, sweetened with sugar, are commonly sold in Hawaii (8).

Common beans (Phaseolus vulgaris) are native to the tropical areas of Central and South America. They include black, black turtle soup, cranberry, French, great northern, kidney, navy, pink, pinto, and white beans, which are widely grown in many areas around the world. White beans are commonly used to prepare many types of baked beans. Pinto beans are used in many Mexican recipes (2, 8). Data were combined for several types of kidney beans to produce an overall figure for kidney beans.

The broadbean (Vicia faba) has been cultivated in the Mediterranean region and the Near East since ancient times. It was the only bean known to Europeans until the common bean (P. vulgaris) was introduced from the New World. There are two major subspecies of broadbeans. Var. major, which has large flat seeds, is usually consumed by humans. Var. equina, which has small, globular seeds and commonly called field bean or horse bean, is used for feeding livestock. Broadbeans are used in many dishes in the Mediterranean region, such as falafel (2).

Carob flour or powder (Ceratonia siliqua), also called St. John's-bread, is found in many "health foods" as a chocolate replacement. The seeds are ground to extract a gum, known as locust bean gum, which is used in many food and industrial products. The pods are ground to produce carob flour. Oil or other fats are frequently added to the raw carob flour to make confectionary coatings or candy bars. The carob tree is native to the eastern Mediterranean region and has been introduced to California and other areas (2, 8).

Chickpeas (Cicer arietinum) or garbanzo beans are one of the most commonly consumed legumes in India and in the Near East (2). In the United States, canned or cooked chickpeas are a common item at many salad bars. In the Near East chickpeas are used in many dishes such as hummus and falafel. These items are becoming more popular in the United States.

Cowpeas (Vigna unguiculata), or black-eyed peas, are cultivated in the southern United States and in many tropical areas. There are three major subspecies: Vigna unguiculata unguiculata is the common cowpea or black-eyed pea; Vigna unguiculata cylindrica, or catjang, is used whole or split but is more frequently used as forage; Vigna unguiculata sesquipedalis, or yardlong bean, has pods that may grow to 36 inches in length and is commonly used in the Orient as a vegetable. The mature seeds are also used (2).

Hyacinth beans (Dolichos purpurens), also known as lablab, are native to Asia and have been cultivated in India for centuries. The mature seeds are eaten as a dahl.

Lentils (Lens culinaris) originated in the Near East and Mediterranean areas. The seeds are usually boiled and served in soups and stews (2).

Lima beans (Phaseolus lunatus) originated in tropical America and are now grown in tropical and subtropical areas around the world. Baby limas grow in most areas of the United States (8). There are two major subgroupings of lima beans: the small or baby type and the large lima beans.

Lupins (Lupinus spp.) are found in the Americas and in the Mediterranean region. There are four major species. White or Egyptian lupins (Lupinus albus) are common in the Mediterranean region and were cultivated by the Romans. Seeds are treated by soaking, then boiling, and sometimes additional soaking. Sweet strains with less alkaloids have been developed.

Blue lupin (Lupinus angustifolius) originated in northern Europe and is grown primarily for animal feed. Yellow lupin (Lupinus luteus) is native to southern Europe and the Mediterranean. Low-alkaloid varieties have been developed. Tarwi or pearl lupin (Lupinus mutabilis) has been grown in South America for centuries. Special preparation methods are required to remove the alkaloids. Low-alkaloid types are being developed (2, 8). Because of limited data, nutrient values for all four subspecies have been combined in the tables.

Mothbeans (Vigna aconitifolia) are native to India and are eaten whole or as a dhal. The seeds are also used as a source of flour (8).

Mung beans (Vigna radiata), also called green gram in India, are native to tropical areas of Asia and are widely grown there. Recently, mung beans have been introduced to the United States. In China and the United States mung beans are commonly grown for sprouting and are consumed as a vegetable. The mature seeds can be boiled and eaten. They can also be ground into a flour for use in bakery products and fried snack foods (2). Mung beans are also made into a noodle-like product called long rice. A similar product made from mung bean flour is cellophane noodles.

Mungo beans (Vigna mungo), sometimes called black gram, originated in India and are also grown in the West Indies (12). Mungo beans are eaten either whole or as a dhal. They also can be boiled or roasted and ground into flour for use in cakes and breads.

Peas (Pisum sativum), or field peas, originated in southwest Asia and are now grown in temperate areas around the world (2). They were once named as different species--garden peas and field peas--but are now classified together. Field peas are hardier, have smaller seeds, and are usually grown for the mature seeds.

Peanuts (Arachis hypogaea), native to Latin America, are now grown in tropic, subtropic and warm-temperate areas of the world. In the United States over 50 percent of the peanuts are processed into peanut butter, about 21 percent are roasted, and about 16 percent are used in confections (8). In other countries, peanuts are produced primarily for their oil and the remaining peanut cake is used for livestock feed. The three main types of peanuts are Virginia, Spanish, and Valencia. Virginia peanuts have large seeds and usually contain two seeds per pod. Spanish peanuts have small seeds and their pods also contain two seeds. Valencia peanuts also have small seeds and the pods contain two to five seeds (7). Nutrient data on the different cultivars of peanuts were combined to generate overall values for peanuts:

Virginia (including runner), 90.6 percent; Spanish type, 8.5 percent; and Valencia type, 0.9 percent. By federal regulation (21 CFR 164.150), peanut butter must contain at least 90 percent peanuts, and not more than 10 percent seasonings and stabilizing ingredients.

Pigeon peas (Cajanus cajan), or red gram, were probably native to Africa, spreading in prehistoric times to Asia (12). In India, pigeon peas are usually consumed as a dahl.

Soybeans (Glycine max) are among the most important sources of protein and oil known to man. Indigenous to eastern Asia, where they have been used in myriad ways for centuries, soybeans are now cultivated in eastern and southeastern Asia as well as in the Americas, predominately in the United States and Brazil (2, 8, 12).

In the Orient, soybeans have been processed in many ways for centuries. A number of fermented soybean products are known in the Orient, and in recent years these have attracted a following in the United States.

Shoyu (Japanese soy sauce) is made from equal parts soybeans and cracked, roasted wheat, plus salt and water. The mixture is inoculated with Aspergillus soyae mold and fermented from 6 months to as long as 5 years. Tamari, an entirely different product made with little or no wheat, is often called soy sauce. In the United States a synthetic product known as soy sauce is prepared from hydrolyzed soy protein, caramel coloring, corn syrup, salt, and water (20). Soy sauces are commonly used as condiments in Oriental cooking.

Miso, or soy paste, is made from soybeans, a grain (either rice or barley), salt, and water. The mold Aspergillus oryzae is introduced for fermentation (19). Many different types of miso are marketed and rarely are identified in the scientific literature. Data for market samples have been combined in the table, which explains the somewhat large variation in some nutrient values.

Natto is made from whole, cooked soybeans, which are inoculated with the bacterium Bacillus subtilis. Natto is often served over rice or noodles as a main dish or used in soups and salads (21).

Tempeh, from Indonesia, is made from cooked soybeans bound together with the mycellia of the mold Rhizopus mycellius. The product is made into cakes or patties and often sliced and fried (21).

Tofu, another soy product, is prepared by precipitating the protein of soy milk with any of several coagulants. Tofu is prepared by soaking the whole soybeans overnight and later grinding them with water before draining. The resulting soy milk is pressed from the cooked, ground soybeans, leaving okara, which can also be used in many recipes (20). Any of several coagulants is then added to precipitate the protein and form the curds. Nigari, the traditional coagulant used in Japan, contains primarily magnesium chloride. Calcium chloride, calcium sulfate, seawater, lemon juice and vinegar can also be used. As expected, the composition of the coagulant affects the calcium and magnesium content of the finished product. Excess liquid is pressed from the curd, which in turn affects the firmness of the tofu (20).

Soy milk is often sold as a byproduct of tofu production. It is also produced commercially. In the United States, soy milk is used by individuals who are allergic to cow's milk or who are lactose intolerant. Some infant formulas are based on soy milk. Soy milk is popular among vegetarians who totally avoid animal products. Soy milk can be processed in many of the same ways as cow's milk and can be substituted for it in many recipes.

In the United States and in other countries, soybeans are utilized as a source of oil, and the resulting defatted meal was formerly used for animal feed. In recent years, however, the defatted soy meal has been used in the preparation of many soy-based products. Soy flour and soy grits can also be prepared from the defatted meal. Soy flour is used in many foods as is or may be extruded into various soy-based products.

Soy protein concentrates are processed to remove most of the nonprotein compounds, primarily soluble sugars, from the defatted soy flour by wet extraction. Concentrates are often extruded in the preparation of many products.

Soy protein isolates have had nearly all the nonprotein constituents removed. The soy extract can be either spray-dried or extruded into an acid medium to form fibers resembling meat, which are marketed as textured vegetable protein. Soy protein isolates are also used as an ingredient in a number of food products, both as a protein extender and for their functional properties.

USDA's Food and Nutrition Service requires that vegetable protein products intended for use as meat replacements in child nutrition programs be fortified to be nutritionally equivalent to beef (25).

Modern processing methods have been used experimentally on a number of other legumes, but none have reached large-scale commercial production or have gained the commercial acceptance of soy products.

Winged beans (*Psophocarpus tetragonolobus*) are native to southeast Asia and have been introduced to tropical areas of the United States, such as Hawaii, Puerto Rico, and southern Florida. The pods, leaves, stems, and tubers of this plant are all edible. Only data on the mature seeds, however, are reported here. The mature seeds can be steamed, boiled, roasted, fermented, or processed into milk or into products such as tofu or tempeh (6).

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List of Abbreviations

c	cup
diam	diameter
g	gram
in	inch
IU	international units
kcal	kilocalories
kJ	kilojoules
lb	pound
mcg	micrograms
mg	milligrams
N	nitrogen
NDB	Nutrient Data Bank
No.	number
oz	ounce
RE	retinol equivalents
tbsp	tablespoonful
tsp	teaspoonful

Metric System Equivalents for Units of Measure

	Units of measure	Metric system equivalents
Length:	1 inch	25.4 millimeters or 2.54 centimeters
Volume:	1 teaspoonful	4.9 milliliters
	1 tablespoonful (3 teaspoons)	14.8 milliliters
	1 fluid ounce (2 tablespoons)	29.57 milliliters
	1 cup (8 fluid ounces)	236.6 milliliters
	1 quart (4 cups)	946.4 milliliters or 0.946 liters
	1 gallon (4 quarts)	3,786 milliliters or 3.786 liters
Weight:	1 ounce	28.35 grams
	3.53 ounces	100 grams
	1 pound (16 ounces)	453.6 grams or 0.454 kilograms

Yields of Selected Cooked Legumes

Legume	----- Yields ----- Ratio of weights[1] (cooked to raw)
Beans:	
Black	2.3
Cranberry	2.3
Great Northern	2.5
Navy	2.3
Pink	2.3
Pinto	2.4
Red Kidney	2.4
Small red	2.3
Small white	2.3
Broadbeans	2.8
Chickpeas	2.1
Cowpeas	2.6
Lima beans:	
Baby	2.4
Large	2.6
Lentils	2.7
Mung beans	3.2
Peas, split	2.5
Pigeon peas	2.6

[1] Ratio of weights = $\frac{\text{Weight of legume, cooked}}{\text{Weight of legume, uncooked}}$

Conversion Factors for Fatty Acids of Legumes

Food	Factor
Beans, common	0.775
Broadbeans	0.775
Carob flour	0.775
Chickpeas	0.775
Chili with beans	0.920
Cowpeas	0.775
Lentils	0.775
Lima beans, large and baby types	0.775
Lupins	0.775
Mung beans	0.775
Mungo beans	0.775
Peas, split	0.775
Peanuts and peanut butter	0.951
Pigeon peas	0.775
Soybeans and soybean products	0.930
Simulated meat products	0.920
Tempeh	0.920
Winged beans	0.775

Retention[1] of Nutrients in Cooked Legumes

Nutrient	Cooking time: Short (15-20 min)[2]	Medium (45-75 min)[3]	Long (2-2-1/2 hr)[4]
	Percent retention		
Calcium	90	90	90
Iron	90	85	80
Magnesium	85	80	75
Phosphorus	95	90	85
Potassium	80	75	70
Sodium[5]	95	95	95
Zinc	90	90	90
Copper	75	70	60
Manganese	90	85	80
Ascorbic acid[5]	70	70	70
Thiamin	70	65	45
Riboflavin	80	75	80
Niacin	75	70	60
Pantothenic acid	75	75	55
Vitamin B_6	75	70	55
Folacin	65	50	35
Vitamin A[5]	90	90	90

[1]True retention was calculated as follows:

$$\frac{\text{(Nutrient content per g cooked food) x (g cooked food)}}{\text{(Nutrient content per g raw food) x (g raw food).}} \times 100$$

[2]Includes legumes such as cowpeas, lentils, and split peas.

[3]Includes legumes such as baby limas, black beans, cranberry beans, Great Northern beans, kidney beans, large limas, mung beans, navy beans, pink beans, pinto beans, small red beans, and small white beans.

[4]Includes legumes such as broadbeans, chickpeas, and pigeon peas.

[5]Sodium, ascorbic acid, and vitamin A retention values based on values for roots, bulbs, and vegetables of high starch content.

Specific Factors for Calculating Energy Values[1]

Food	Protein	Fat	Carbohydrate
	----------	kcal/g	----------
Mature dry beans, cowpeas, peas, and other legumes	3.47	8.37	4.07
Soybeans, soy flour, and soy products	3.47	8.37	4.07
Baked beans:			
With beef	3.8	9.0	4.0
With franks	3.7	9.0	3.9
With molasses sauce	3.5	8.9	3.9
With pork	3.6	8.8	3.9
With pork and sweet sauce ..	3.7	9.0	3.9
With pork and tomato sauce..	3.5	8.8	4.0
With tomato sauce	3.4	8.4	4.0
Chili with beans	3.5	8.7	4.0
Cowpeas with pork	3.5	8.7	4.1
Refried beans	3.5	8.9	4.1

[1]Values shown to one decimal place are calculated.

	AH-8	AH-8-16	
	item (1963)	NDB No.	Page
Adzuki beans:			
Raw		16001	24
Cooked, boiled		16002	25
Canned, sweetened		16003	26
Yokan		16004	27
Baked beans:			
Home-prepared		16005	28
Canned:			
Plain or vegetarian	158	16006	29
With beef		16007	30
With franks	205	16008	31
With pork		16009	32
With pork and sweet sauce	157	16010	33
With pork and tomato sauce	156	16011	34
Beans, black:			
Raw	163	16014	35
Cooked, boiled		16015	36
Beans, black turtle soup:			
Raw		16016	37
Cooked, boiled		16017	38
Canned		16018	39
Beans, cranberry:			
Raw		16019	40
Cooked, boiled		16020	41
Canned		16021	42
Beans, French:			
Raw		16022	43
Cooked, boiled		16023	44
Beans, great northern:			
Raw		16024	45
Cooked, boiled		16025	46
Canned		16026	47
Beans, kidney:			
All types:			
Raw		16027	48
Cooked, boiled		16028	49
Canned		16029	50
California red:			
Raw		16030	51
Cooked, boiled		16031	52
Red:			
Raw	159	16032	53
Cooked, boiled	160	16033	54
Canned	161	16034	55
Royal red:			
Raw		16035	56
Cooked, boiled		16036	57

	AH-8 item (1963)	AH-8-16 NDB No.	Page
Beans, navy:			
Raw		16037	58
Cooked, boiled		16038	59
Canned		16039	60
Beans, pink:			
Raw		16040	61
Cooked, boiled		16041	62
Beans, pinto:			
Raw	162	16042	63
Cooked, boiled		16043	64
Canned		16044	65
Beans, small white:			
Raw		16045	66
Cooked, boiled		16046	67
Beans, yellow:			
Raw		16047	68
Cooked, boiled		16048	69
Beans, white:			
Raw	154	16049	70
Cooked, boiled	155	16050	71
Canned		16051	72
Bengal gram. (See Chickpeas.)			
Black beans. (See Beans, black.)			
Black-eyed peas. (See Cowpeas, common.)			
Black turtle soup beans. (See Beans, black turtle soup.)			
Broadbeans:			
Raw	482	16052	73
Cooked, boiled		16053	74
Canned		16054	75
Cannellini. (See Beans, kidney.)			
Carob flour	617	16055	76
Chickpeas:			
Raw	753	16056	77
Cooked, boiled		16057	78
Canned		16058	79
Chili with beans, canned	756	16059	80
Cowpeas:			
Catjang:			
Raw		16060	81
Cooked, boiled		16061	82
Common:			
Raw	903	16062	83
Cooked, boiled	904	16063	84
Canned:			
Plain		16064	85
With pork		16065	86
Cranberry beans. (See Beans, cranberry.)			

	AH-8 item (1963)	AH-8-16 NDB No.	AH-8-16 Page
Crowder peas.	(See Cowpeas, common.)		
Dark red kidney beans.	(See Beans, kidney, red.)		
Falafel		16138	87
Fava beans.	(See Broadbeans.)		
French beans.	(See Beans, French.)		
Garbanzo beans.	(See Chickpeas.)		
Goa beans, Indies.	(See Winged beans.)		
Golden gram.	(See Chickpeas.)		
Great northern beans.	(See Beans, great northern.)		
Green gram.	(See Mung beans.)		
Groundnuts.	(See Peanuts.)		
Hummus		16137	88
Hyacinth beans:			
Raw	1138	16067	89
Cooked, boiled		16068	90
Kidney beans.	(See Beans, kidney.)		
Lentils:			
Raw	1253	16069	91
Cooked, boiled	1254	16070	92
Lima beans:			
Large:			
Raw	176	16071	93
Cooked, boiled	177	16072	94
Canned		16073	95
Thin seeded types, commonly called baby limas:			
Raw		16074	96
Cooked, boiled		16075	97
Long rice.	(See Mung beans, long rice.)		
Lupins:			
Raw		16076	98
Cooked, boiled		16077	99
Miso.	(See Soybeans, fermented products, miso.)		
Mothbeans:			
Raw		16078	100
Cooked, boiled		16079	101
Mung beans:			
Raw	179	16080	102
Cooked, boiled		16081	103
Long rice, dehydrated		16082	104
Mungo beans:			
Raw		16083	105
Cooked, boiled		16084	106
Navy beans.	(See Beans, Navy.)		
Natto.	(See Soybeans, fermented products, natto.)		
Okara.	(See Tofu, okara.)		

	AH-8 item (1963)	AH-8-16 NDB No.	AH-8-16 Page
Peas, split:			
Raw	1532	16085	107
Cooked, boiled	1533	16086	108
Peanuts:			
All types:			
Raw	1492	16087	109
Cooked, boiled	1494	16088	110
Oil-roasted	1495	16089	111
Dry-roasted		16090	112
Spanish:			
Raw		16091	113
Oil-roasted		16092	114
Valencia:			
Raw		16093	115
Oil-roasted		16094	116
Virginia			
Raw		16095	117
Oil-roasted		16096	118
Peanut butter:			
Chunk style		16097	119
Smooth style	1499	16098	120
Peanut flour:			
Defatted	1501	16099	121
Low-fat		16100	122
Pigeon peas:			
Raw	1604	16101	123
Cooked, boiled		16102	124
Pink beans.	(See Beans, pink.)		
Pinto beans.	(See Beans, pinto.)		
Red gram.	(See Pigeon peas.)		
Roman beans.	(See Beans, cranberry.)		
Refried beans, canned		16103	125
St. John's-bread.	(See Carob.)		
Shoyu.	(See Soy sauce, made from soy and wheat.)		
Simulated meat products:			
Bacon		16104	126
Meat extender		16106	127
Sausage		16107	128
Small white beans.	(See Beans, small white.)		
Southern peas.	(See Cowpeas, common.)		
Soybeans:			
Raw	2139	16108	129
Cooked, boiled	2140	16109	130
Roasted		16110	131
Dry-roasted		16111	132

	AH-8 item (1963)	AH-8-16 NDB No.	Page
Soybeans, con.:			
Fermented products:			
Miso	2142	16112	133
Natto	2141	16113	134
Tempeh		16114	135
Soybean curd. (See Tofu.)			
Soy flour:			
Full-fat:			
Raw	2146	16115	136
Roasted		16116	137
Defatted	2149	16117	138
Low-fat	2148	16118	139
Soy meal, defatted, raw		16119	140
Soy milk, fluid	2150	16120	141
Soy protein concentrate		16121	142
Soy protein isolate		16122	143
Soy sauce:			
Made from soy and wheat (shoyu)	2156	16123	144
Made from soy (tamari)		16124	145
Made from hydrolyzed vegetable protein		16125	146
Tamari. (See Soy sauce, made from soy.)			
Tempeh. (See Soybeans, fermented products, tempeh.)			
Tofu:			
Raw:			
Firm		16126	147
Regular	2145	16127	148
Dried-frozen (koyadofu)		16128	149
Fried		16129	150
Okara		16130	151
Salted and fermented (fuyu)		16132	152
Yardlong beans:			
Raw		16133	153
Cooked, boiled		16134	154
Yellow beans. (See Beans, yellow.)			
Yokan. (See Adzuki beans, yokan.)			
White beans. (See Beans, white.)			
Winged beans:			
Raw		16135	155
Cooked, boiled		16136	156

Table of Nutrient Data

(Blank spaces indicate a lack of data.)

ADZUKI BEANS, Raw

Vigna angularis

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 98 g	1 c = 197 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	13.44		7	13.17	26.48	60.97
Food energy	kcal	329			323	649	1,494
	kJ	1,378			1,350	2,715	6,251
Protein (N X6.25)	g	19.87		6	19.47	39.13	90.11
Total lipid (fat)	g	0.53		3	0.52	1.04	2.39
Carbohydrate, total	g	62.90			61.65	123.92	285.33
Crude fiber	g	5.26	1.631	4	5.16	10.37	23.88
Ash	g	3.26		3	3.20	6.43	14.80
Minerals:							
Calcium	mg	66		2	65	130	300
Iron	mg	4.98		3	4.88	9.81	22.59
Magnesium	mg	127		2	124	250	576
Phosphorus	mg	381		3	373	750	1,726
Potassium	mg	1,254		1	1,229	2,470	5,686
Sodium	mg	5		1	5	9	22
Zinc	mg	5.04		1	4.93	9.92	22.84
Copper	mg	1.094		1	1.072	2.155	4.962
Manganese	mg	1.730		1	1.695	3.408	7.847
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.455	0.115	2	0.446	0.896	2.064
Riboflavin	mg	0.220	0.040	2	0.216	0.433	0.998
Niacin	mg	2.630	0.530	2	2.577	5.181	11.930
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	2	1.650	2	2	3	7
	IU	17	16.500	2	16	33	75
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg	76			74	150	345
Amino acids:							
Tryptophan	g	0.191		6	0.187	0.376	0.866
Threonine	g	0.674		8	0.661	1.328	3.057
Isoleucine	g	0.791		8	0.775	1.558	3.588
Leucine	g	1.668		8	1.635	3.286	7.566
Lysine	g	1.497		8	1.467	2.949	6.790
Methionine	g	0.210		9	0.206	0.414	0.953
Cystine	g	0.184		8	0.180	0.362	0.835
Phenylalanine	g	1.052		8	1.031	2.072	4.772
Tyrosine	g	0.591		8	0.579	1.164	2.681
Valine	g	1.023		8	1.003	2.015	4.640
Arginine	g	1.284		8	1.258	2.529	5.824
Histidine	g	0.524		8	0.514	1.032	2.377
Alanine	g	1.160		8	1.137	2.285	5.262
Aspartic acid	g	2.355		8	2.308	4.639	10.682
Glutamic acid	g	3.099		8	3.037	6.105	14.057
Glycine	g	0.756		8	0.741	1.489	3.429
Proline	g	0.874		8	0.857	1.722	3.964
Serine	g	0.976		8	0.956	1.923	4.427

ADZUKI BEANS, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 115 g	1 c = 230 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66.29	0.050	2	76.23	152.47	300.69
Food energy	kcal	128			147	294	579
	kJ	534			614	1,229	2,423
Protein (N X6.25)	g	7.52		1	8.65	17.29	34.10
Total lipid (fat)	g	0.10	0.005	2	0.11	0.22	0.43
Carbohydrate, total	g	24.77			28.48	56.96	112.34
Crude fiber	g	2.02	0.035	2	2.32	4.63	9.14
Ash	g	1.33		1	1.53	3.06	6.03
Minerals:							
Calcium	mg	28		1	32	63	125
Iron	mg	2.00		1	2.30	4.60	9.07
Magnesium	mg	52		1	60	120	237
Phosphorus	mg	168		1	193	385	760
Potassium	mg	532		1	612	1,224	2,413
Sodium	mg	8		1	9	18	35
Zinc	mg	1.77			2.03	4.06	8.01
Copper	mg	0.298			0.343	0.685	1.352
Manganese	mg	0.573			0.659	1.318	2.599
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.115			0.132	0.265	0.522
Riboflavin	mg	0.064			0.074	0.147	0.290
Niacin	mg	0.717			0.825	1.649	3.252
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	1			1	1	3
	IU	6			7	13	26
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.072			0.083	0.166	0.327
Threonine	g	0.255			0.293	0.587	1.157
Isoleucine	g	0.300			0.345	0.690	1.361
Leucine	g	0.632			0.727	1.454	2.867
Lysine	g	0.567			0.652	1.304	2.572
Methionine	g	0.079			0.091	0.182	0.358
Cystine	g	0.070			0.081	0.161	0.318
Phenylalanine	g	0.398			0.458	0.915	1.805
Tyrosine	g	0.224			0.258	0.515	1.016
Valine	g	0.387			0.445	0.890	1.755
Arginine	g	0.486			0.559	1.118	2.204
Histidine	g	0.198			0.228	0.455	0.898
Alanine	g	0.439			0.505	1.010	1.991
Aspartic acid	g	0.891			1.025	2.049	4.042
Glutamic acid	g	1.173			1.349	2.698	5.321
Glycine	g	0.286			0.329	0.658	1.297
Proline	g	0.331			0.381	0.761	1.501
Serine	g	0.369			0.424	0.849	1.674

ADZUKI BEANS, Canned, sweetened

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 148 g	1 c = 296 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	40.58		1	60.06	120.12	184.07
Food energy	kcal	237			351	702	1,077
	kJ	993			1,470	2,939	4,504
Protein (N X6.25)	g	3.80		1	5.62	11.25	17.24
Total lipid (fat)	g	0.03		1	0.04	0.09	0.14
Carbohydrate, total	g	55.01			81.41	162.83	249.53
Crude fiber	g	1.54	0.160	2	2.28	4.56	6.99
Ash	g	0.58		1	0.86	1.72	2.63
Minerals:							
Calcium	mg	22		1	33	66	101
Iron	mg	1.13		1	1.67	3.34	5.13
Magnesium	mg	31		1	46	91	140
Phosphorus	mg	74		1	110	220	337
Potassium	mg	119		1	176	353	541
Sodium	mg	218		1	323	646	990
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.036			0.053	0.107	0.163
Threonine	g	0.129			0.191	0.382	0.585
Isoleucine	g	0.151			0.223	0.447	0.685
Leucine	g	0.319			0.472	0.944	1.447
Lysine	g	0.286			0.423	0.847	1.297
Methionine	g	0.040			0.059	0.118	0.181
Cystine	g	0.035			0.052	0.104	0.159
Phenylalanine	g	0.201			0.297	0.595	0.912
Tyrosine	g	0.113			0.167	0.334	0.513
Valine	g	0.196			0.290	0.580	0.889
Arginine	g	0.246			0.364	0.728	1.116
Histidine	g	0.100			0.148	0.296	0.454
Alanine	g	0.222			0.329	0.657	1.007
Aspartic acid	g	0.451			0.667	1.335	2.046
Glutamic acid	g	0.593			0.878	1.755	2.690
Glycine	g	0.145			0.215	0.429	0.658
Proline	g	0.167			0.247	0.494	0.758
Serine	g	0.187			0.277	0.554	0.848

ADZUKI BEANS, YOKAN[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/4-in-thick slice = 14 g	3 1/4-in-thick slices = 43 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	35.45	2.820	2	4.96	15.24	160.80
Food energy	kcal	260			36	112	1,177
	kJ	1,086			152	467	4,926
Protein (N X6.25)	g	3.29		1	0.46	1.41	14.91
Total lipid (fat)	g	0.12		1	0.02	0.05	0.54
Carbohydrate, total	g	60.72			8.50	26.11	275.44
Crude fiber	g	1.36		1	0.19	0.58	6.17
Ash	g	0.42		1	0.06	0.18	1.91
Minerals:							
Calcium	mg	27		1	4	12	123
Iron	mg	1.16		1	0.16	0.50	5.26
Magnesium	mg	18		1	2	8	80
Phosphorus	mg	40		1	6	17	181
Potassium	mg	45		1	6	19	205
Sodium	mg	83		1	12	36	376
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.032			0.004	0.014	0.145
Threonine	g	0.112			0.016	0.048	0.508
Isoleucine	g	0.131			0.018	0.056	0.594
Leucine	g	0.276			0.039	0.119	1.252
Lysine	g	0.248			0.035	0.107	1.125
Methionine	g	0.035			0.005	0.015	0.159
Cystine	g	0.031			0.004	0.013	0.141
Phenylalanine	g	0.174			0.024	0.075	0.789
Tyrosine	g	0.098			0.014	0.042	0.445
Valine	g	0.169			0.024	0.073	0.767
Arginine	g	0.213			0.030	0.092	0.966
Histidine	g	0.087			0.012	0.037	0.395
Alanine	g	0.192			0.027	0.083	0.871
Aspartic acid	g	0.390			0.055	0.168	1.769
Glutamic acid	g	0.513			0.072	0.221	2.327
Glycine	g	0.125			0.018	0.054	0.567
Proline	g	0.145			0.020	0.062	0.658
Serine	g	0.161			0.023	0.069	0.730

[1]Sugar and bean confection.

BAKED BEANS, Home-prepared[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 126 g	1 c = 253 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	65.17			82.12	164.89	295.63
Food energy	kcal	151			190	382	685
	kJ	632			796	1,599	2,867
Protein (N X 6.25)	g	5.54			6.98	14.02	25.14
Total lipid (fat)	g	5.15			6.48	13.02	23.34
Carbohydrate, total	g	21.39			26.95	54.10	97.00
Crude fiber	g	0.73			0.92	1.86	3.33
Ash	g	2.51			3.17	6.36	11.39
Minerals:							
Calcium	mg	61			77	155	277
Iron	mg	1.99			2.51	5.04	9.04
Magnesium	mg	43			55	110	196
Phosphorus	mg	109			137	275	493
Potassium	mg	358			452	907	1,626
Sodium	mg	422			532	1,068	1,914
Zinc	mg	0.73			0.92	1.84	3.30
Copper	mg	0.159			0.200	0.402	0.721
Manganese	mg	0.255			0.321	0.645	1.157
Vitamins:							
Ascorbic acid	mg	1.1			1.4	2.8	4.9
Thiamin	mg	0.136			0.171	0.344	0.617
Riboflavin	mg	0.049			0.062	0.124	0.222
Niacin	mg	0.408			0.514	1.032	1.851
Pantothenic acid	mg	0.155			0.195	0.392	0.703
Vitamin B_6	mg	0.090			0.113	0.228	0.408
Folacin	mcg	48.4			60.9	122.3	219.3
Vitamin B_{12}	mcg	0.01			0.02	0.03	0.06
Vitamin A	RE	0			0	0	0
	IU	0			0	1	1
Lipids:							
Fatty acids:							
Saturated, total	g	1.948			2.454	4.928	8.836
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.005			0.006	0.013	0.023
12:0	g	0.009			0.011	0.023	0.041
14:0	g	0.061			0.077	0.154	0.277
16:0	g	1.227			1.546	3.104	5.566
18:0	g	0.633			0.798	1.601	2.871
Monounsaturated, total	g	2.133			2.688	5.396	9.675
16:1	g	0.125			0.158	0.316	0.567
18:1	g	1.953			2.461	4.941	8.859
20:1	g	0.046			0.058	0.116	0.209
22:1	g						
Polyunsaturated, total	g	0.740			0.932	1.872	3.357
18:2	g	0.593			0.747	1.500	2.690
18:3	g	0.147			0.185	0.372	0.667
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	5			6	13	23
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.067			0.084	0.170	0.304
Threonine	g	0.228			0.287	0.577	1.034
Isoleucine	g	0.242			0.305	0.612	1.098
Leucine	g	0.428			0.539	1.083	1.941
Lysine	g	0.379			0.478	0.959	1.719
Methionine	g	0.086			0.108	0.218	0.390
Cystine	g	0.062			0.078	0.157	0.281
Phenylalanine	g	0.287			0.362	0.726	1.302
Tyrosine	g	0.155			0.195	0.392	0.703
Valine	g	0.282			0.355	0.713	1.279
Arginine	g	0.356			0.449	0.901	1.615
Histidine	g	0.153			0.193	0.387	0.694
Alanine	g	0.236			0.297	0.597	1.070
Aspartic acid	g	0.637			0.803	1.612	2.889
Glutamic acid	g	0.841			1.060	2.128	3.815
Glycine	g	0.232			0.292	0.587	1.052
Proline	g	0.239			0.301	0.605	1.084
Serine	g	0.288			0.363	0.729	1.306

[1]Recipe: Water, 52%; dry white beans, 21%; onions, 14%; salt pork, 5%; molasses, 4%; brown sugar, 2%; vinegar, 1%; salt, 0.7%; pepper and dry mustard, 0.3%.

BAKED BEANS, Canned, plain or vegetarian

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 127 g	1 c = 254 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72.65		4	92.27	184.53	329.54
Food energy	kcal	93			118	235	420
	kJ	388			493	985	1,759
Protein (N X6.25)	g	4.79	0.033	3	6.09	12.17	21.74
Total lipid (fat)	g	0.45	0.025	3	0.57	1.14	2.04
Carbohydrate, total	g	20.51			26.05	52.11	93.05
Crude fiber[1]	g	1.14			1.45	2.89	5.16
Ash	g	1.59	0.094	3	2.02	4.05	7.23
Minerals:							
Calcium	mg	50			64	128	228
Iron	mg	0.29		1	0.37	0.74	1.32
Magnesium	mg	32			41	82	146
Phosphorus	mg	104			132	264	471
Potassium	mg	296			376	752	1,342
Sodium	mg	397			504	1,008	1,801
Zinc	mg	1.40			1.77	3.55	6.33
Copper	mg	0.206			0.262	0.523	0.934
Manganese	mg	0.346			0.439	0.879	1.569
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.153	0.016	3	0.194	0.389	0.694
Riboflavin	mg	0.060	0.013	3	0.076	0.152	0.272
Niacin	mg	0.428			0.544	1.087	1.941
Pantothenic acid	mg	0.096			0.122	0.244	0.435
Vitamin B_6	mg	0.134	0.022	3	0.170	0.340	0.608
Folacin	mcg	23.9	3.510	2	30.4	60.7	108.4
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	17			22	43	78
	IU	171			217	434	775
Lipids:							
Fatty acids:							
Saturated, total	g	0.116			0.147	0.295	0.526
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.109			0.138	0.277	0.494
18:0	g	0.007			0.009	0.018	0.032
Monounsaturated, total	g	0.039			0.050	0.099	0.177
16:1	g						
18:1	g	0.039			0.050	0.099	0.177
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.194			0.246	0.493	0.880
18:2	g	0.105			0.133	0.267	0.476
18:3	g	0.088			0.112	0.224	0.399
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.057			0.072	0.145	0.259
Threonine	g	0.202			0.257	0.513	0.916
Isoleucine	g	0.212			0.269	0.538	0.962
Leucine	g	0.383			0.486	0.973	1.737
Lysine	g	0.329			0.418	0.836	1.492
Methionine	g	0.072			0.091	0.183	0.327
Cystine	g	0.052			0.066	0.132	0.236
Phenylalanine	g	0.259			0.329	0.658	1.175
Tyrosine	g	0.135			0.171	0.343	0.612
Valine	g	0.251			0.319	0.638	1.139
Arginine	g	0.297			0.377	0.754	1.347
Histidine	g	0.133			0.169	0.338	0.603
Alanine	g	0.201			0.255	0.511	0.912
Aspartic acid	g	0.580			0.737	1.473	2.631
Glutamic acid	g	0.731			0.928	1.857	3.316
Glycine	g	0.187			0.237	0.475	0.848
Proline	g	0.203			0.258	0.516	0.921
Serine	g	0.261			0.331	0.663	1.184

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 2.6 g per 100 g.

BAKED BEANS, Canned, with beef

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 133 g	1 c = 266 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71.33	0.253	10	94.87	189.74	323.55
Food energy	kcal	121			161	321	548
	kJ	505			672	1,344	2,292
Protein (N X6.25)	g	6.38	0.083	10	8.48	16.96	28.92
Total lipid (fat)	g	3.45	0.125	10	4.59	9.18	15.65
Carbohydrate, total	g	16.91			22.48	44.97	76.68
Crude fiber	g	1.05			1.40	2.80	4.77
Ash	g	1.94	0.040	10	2.58	5.16	8.80
Minerals:							
Calcium	mg	45	1.918	10	60	119	204
Iron	mg	1.60	0.082	10	2.13	4.26	7.26
Magnesium	mg	25		1	33	67	113
Phosphorus	mg	81		1	108	215	367
Potassium	mg	320		1	426	851	1,452
Sodium	mg	475	3.535	4	632	1,264	2,155
Zinc	mg	1.20		1	1.60	3.19	5.44
Copper	mg	0.300		1	0.399	0.798	1.361
Manganese	mg	0.600		1	0.798	1.596	2.722
Vitamins:							
Ascorbic acid	mg	1.8	0.200	10	2.4	4.8	8.2
Thiamin	mg	0.052	0.002	10	0.069	0.138	0.236
Riboflavin	mg	0.045	0.001	10	0.060	0.120	0.204
Niacin	mg	0.940	0.037	10	1.250	2.500	4.264
Pantothenic acid	mg						
Vitamin B_6	mg	0.090		1	0.120	0.239	0.408
Folacin	mcg						
Vitamin B_{12}	mcg	0.25		1	0.33	0.67	1.13
Vitamin A	RE	21	1.896	10	28	57	96
	IU	213	18.962	10	283	565	964
Lipids:							
Fatty acids:							
Saturated, total	g	1.677			2.230	4.461	7.607
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.029			0.039	0.077	0.132
14:0	g	0.121			0.161	0.322	0.549
16:0	g	0.858			1.141	2.282	3.892
18:0	g	0.622			0.827	1.655	2.821
Monounsaturated, total	g	1.385			1.842	3.684	6.282
16:1	g	0.138			0.184	0.367	0.626
18:1	g	1.195			1.589	3.179	5.421
20:1	g	0.010			0.013	0.027	0.045
22:1	g						
Polyunsaturated, total	g	0.205			0.273	0.545	0.930
18:2	g	0.142			0.189	0.378	0.644
18:3	g	0.053			0.070	0.141	0.240
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	22			29	59	100
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.077			0.102	0.205	0.349
Threonine	g	0.268			0.356	0.713	1.216
Isoleucine	g	0.279			0.371	0.742	1.266
Leucine	g	0.510			0.678	1.357	2.313
Lysine	g	0.452			0.601	1.202	2.050
Methionine	g	0.104			0.138	0.277	0.472
Cystine	g	0.068			0.090	0.181	0.308
Phenylalanine	g	0.329			0.438	0.875	1.492
Tyrosine	g	0.182			0.242	0.484	0.826
Valine	g	0.330			0.439	0.878	1.497
Arginine	g	0.401			0.533	1.067	1.819
Histidine	g	0.182			0.242	0.484	0.826
Alanine	g	0.290			0.386	0.771	1.315
Aspartic acid	g	0.743			0.988	1.976	3.370
Glutamic acid	g	0.976			1.298	2.596	4.427
Glycine	g	0.283			0.376	0.753	1.284
Proline	g	0.278			0.370	0.739	1.261
Serine	g	0.333			0.443	0.886	1.510

BAKED BEANS, Canned, with franks

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 128 g	1 c = 257 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	69.34	0.291	29	88.76	178.21	314.54
Food energy	kcal	142			182	366	646
	kJ	596			763	1,531	2,703
Protein (N X 6.25)	g	6.75	0.191	29	8.64	17.34	30.60
Total lipid (fat)	g	6.57	0.082	29	8.41	16.88	29.80
Carbohydrate, total	g	15.39			19.70	39.56	69.83
Crude fiber[1]	g	0.95	0.007	2	1.22	2.44	4.31
Ash	g	1.95	0.135	29	2.49	5.00	8.83
Minerals:							
Calcium	mg	48	0.950	29	61	123	217
Iron	mg	1.73	0.071	29	2.22	4.45	7.85
Magnesium	mg	28	0.833	4	35	71	125
Phosphorus	mg	104	4.346	4	133	267	472
Potassium	mg	235	9.263	21	301	604	1,065
Sodium	mg	430	6.607	29	551	1,105	1,951
Zinc	mg	1.87	0.407	4	2.39	4.79	8.46
Copper	mg	0.213	0.030	4	0.273	0.547	0.966
Manganese	mg	0.420	0.077	4	0.538	1.079	1.905
Vitamins:							
Ascorbic acid	mg	2.3	0.484	9	2.9	5.9	10.3
Thiamin	mg	0.058	0.001	29	0.074	0.149	0.263
Riboflavin	mg	0.056	0.002	29	0.072	0.144	0.254
Niacin	mg	0.901	0.025	28	1.153	2.316	4.087
Pantothenic acid	mg	0.139	0.013	2	0.178	0.357	0.631
Vitamin B_6	mg	0.046	0.006	3	0.059	0.118	0.209
Folacin	mcg	30.0	17.000	2	38.4	77.1	136.1
Vitamin B_{12}	mcg	0.34		1	0.44	0.87	1.54
Vitamin A	RE	15	0.832	27	20	40	70
	IU	154	8.324	27	197	395	698
Lipids:							
Fatty acids:							
Saturated, total	g	2.352			3.011	6.045	10.669
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.016			0.020	0.041	0.073
12:0	g	0.012			0.015	0.031	0.054
14:0	g	0.108			0.138	0.278	0.490
16:0	g	0.810			1.037	2.082	3.674
18:0	g	0.751			0.961	1.930	3.407
Monounsaturated, total	g	2.830			3.622	7.273	12.837
16:1	g	0.266			0.340	0.684	1.207
18:1	g	2.564			3.282	6.589	11.630
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.836			1.070	2.149	3.792
18:2	g	0.628			0.804	1.614	2.849
18:3	g	0.208			0.266	0.535	0.943
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	6			8	15	27
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.077			0.099	0.198	0.349
Threonine	g	0.279			0.357	0.717	1.266
Isoleucine	g	0.297			0.380	0.763	1.347
Leucine	g	0.534			0.684	1.372	2.422
Lysine	g	0.472			0.604	1.213	2.141
Methionine	g	0.105			0.134	0.270	0.476
Cystine	g	0.074			0.095	0.190	0.336
Phenylalanine	g	0.349			0.447	0.897	1.583
Tyrosine	g	0.190			0.243	0.488	0.862
Valine	g	0.345			0.442	0.887	1.565
Arginine	g	0.427			0.547	1.097	1.937
Histidine	g	0.190			0.243	0.488	0.862
Alanine	g	0.302			0.387	0.776	1.370
Aspartic acid	g	0.800			1.024	2.056	3.629
Glutamic acid	g	1.037			1.327	2.665	4.704
Glycine	g	0.288			0.369	0.740	1.306
Proline	g	0.290			0.371	0.745	1.315
Serine	g	0.357			0.457	0.917	1.619

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 2.3 g per 100 g.

BAKED BEANS, Canned, with pork

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 126 g	1 c = 253 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71.46	0.295	63	90.04	180.80	324.15
Food energy	kcal	106			133	268	480
	kJ	443			558	1,121	2,009
Protein (N X6.25)	g	5.19	0.061	76	6.54	13.13	23.54
Total lipid (fat)	g	1.55	0.131	77	1.96	3.93	7.05
Carbohydrate, total	g	19.98			25.18	50.56	90.65
Crude fiber[1]	g	1.19	0.065	18	1.50	3.00	5.38
Ash	g	1.81	0.032	63	2.28	4.58	8.21
Minerals:							
Calcium	mg	53	1.490	67	66	133	238
Iron	mg	1.70	0.058	83	2.15	4.31	7.73
Magnesium	mg	34	1.239	11	42	85	153
Phosphorus	mg	108		11	137	274	492
Potassium	mg	309		54	389	781	1,400
Sodium	mg	414	6.494	70	522	1,048	1,879
Zinc	mg	1.46	0.180	11	1.84	3.69	6.61
Copper	mg	0.215	0.009	11	0.271	0.544	0.975
Manganese	mg	0.361	0.010	11	0.455	0.913	1.637
Vitamins:							
Ascorbic acid	mg	2.0	0.225	16	2.5	4.9	8.8
Thiamin	mg	0.053	0.002	59	0.067	0.134	0.240
Riboflavin	mg	0.038	0.002	60	0.048	0.096	0.172
Niacin	mg	0.447	0.030	60	0.563	1.131	2.028
Pantothenic acid	mg	0.100	0.026	3	0.126	0.253	0.454
Vitamin B_6	mg	0.064	0.007	3	0.081	0.162	0.290
Folacin	mcg	36.3	9.837	3	45.8	91.9	164.8
Vitamin B_{12}	mcg	0.02			0.03	0.06	0.10
Vitamin A	RE	18	1.247	18	22	45	81
	IU	178	12.474	18	225	451	809
Lipids:							
Fatty acids:							
Saturated, total	g	0.599			0.755	1.515	2.717
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.002			0.003	0.005	0.009
12:0	g	0.003			0.004	0.008	0.014
14:0	g	0.019			0.024	0.048	0.086
16:0	g	0.370			0.466	0.936	1.678
18:0	g	0.201			0.253	0.509	0.912
Monounsaturated, total	g	0.673			0.848	1.703	3.053
16:1	g	0.040			0.050	0.101	0.181
18:1	g	0.615			0.775	1.556	2.790
20:1	g	0.015			0.019	0.038	0.068
22:1	g						
Polyunsaturated, total	g	0.199			0.251	0.503	0.903
18:2	g	0.169			0.213	0.428	0.767
18:3	g	0.030			0.038	0.076	0.136
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	7			9	17	31
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.062			0.078	0.157	0.281
Threonine	g	0.221			0.278	0.559	1.002
Isoleucine	g	0.232			0.292	0.587	1.052
Leucine	g	0.420			0.529	1.063	1.905
Lysine	g	0.361			0.455	0.913	1.637
Methionine	g	0.080			0.101	0.202	0.363
Cystine	g	0.057			0.072	0.144	0.259
Phenylalanine	g	0.285			0.359	0.721	1.293
Tyrosine	g	0.148			0.186	0.374	0.671
Valine	g	0.275			0.347	0.696	1.247
Arginine	g	0.326			0.411	0.825	1.479
Histidine	g	0.147			0.185	0.372	0.667
Alanine	g	0.221			0.278	0.559	1.002
Aspartic acid	g	0.637			0.803	1.612	2.889
Glutamic acid	g	0.802			1.011	2.029	3.638
Glycine	g	0.205			0.258	0.519	0.930
Proline	g	0.223			0.281	0.564	1.012
Serine	g	0.286			0.360	0.724	1.297

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 2.6 g per 100 g.

BAKED BEANS, Canned, with pork and sweet sauce

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 126 g	1 c = 253 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.71	0.194	133	89.09	178.89	320.73
Food energy	kcal	111			140	282	505
	kJ	466			587	1,179	2,113
Protein (N X6.25)	g	5.31	0.049	133	6.69	13.42	24.07
Total lipid (fat)	g	1.46	0.043	132	1.84	3.69	6.62
Carbohydrate, total	g	20.99			26.45	53.10	95.21
Crude fiber	g	1.71	0.102	6	2.15	4.33	7.76
Ash	g	1.54	0.009	133	1.94	3.89	6.98
Minerals:							
Calcium	mg	61	1.755	133	77	155	278
Iron	mg	1.66	0.030	133	2.09	4.20	7.53
Magnesium	mg	34	0.846	39	43	87	156
Phosphorus	mg	105		86	132	266	477
Potassium	mg	266		59	335	673	1,206
Sodium	mg	336		111	423	849	1,522
Zinc	mg	1.50			1.89	3.80	6.80
Copper	mg	0.100		1	0.126	0.253	0.454
Manganese	mg	0.371			0.467	0.939	1.683
Vitamins:							
Ascorbic acid	mg	3.0	0.111	110	3.8	7.7	13.7
Thiamin	mg	0.047	0.002	133	0.059	0.119	0.213
Riboflavin	mg	0.061	0.002	131	0.077	0.154	0.277
Niacin	mg	0.351	0.009	121	0.442	0.888	1.592
Pantothenic acid	mg	0.103			0.130	0.261	0.467
Vitamin B_6	mg	0.085		1	0.107	0.215	0.386
Folacin	mcg	37.4			47.1	94.5	169.4
Vitamin B_{12}	mcg	0.02			0.03	0.06	0.10
Vitamin A	RE	11	0.909	27	14	29	52
	IU	114	9.092	27	144	289	518
Lipids:							
Fatty acids:							
Saturated, total	g	0.563			0.709	1.424	2.554
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.001			0.001	0.003	0.005
12:0	g	0.003			0.004	0.008	0.014
14:0	g	0.018			0.023	0.046	0.082
16:0	g	0.348			0.438	0.880	1.579
18:0	g	0.188			0.237	0.476	0.853
Monounsaturated, total	g	0.632			0.796	1.599	2.867
16:1	g	0.037			0.047	0.094	0.168
18:1	g	0.578			0.728	1.462	2.622
20:1	g	0.014			0.018	0.035	0.064
22:1	g						
Polyunsaturated, total	g	0.187			0.236	0.473	0.848
18:2	g	0.159			0.200	0.402	0.721
18:3	g	0.028			0.035	0.071	0.127
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	7			9	17	31
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.063			0.079	0.159	0.286
Threonine	g	0.223			0.281	0.564	1.012
Isoleucine	g	0.234			0.295	0.592	1.061
Leucine	g	0.424			0.534	1.073	1.923
Lysine	g	0.364			0.459	0.921	1.651
Methionine	g	0.081			0.102	0.205	0.367
Cystine	g	0.058			0.073	0.147	0.263
Phenylalanine	g	0.287			0.362	0.726	1.302
Tyrosine	g	0.149			0.188	0.377	0.676
Valine	g	0.278			0.350	0.703	1.261
Arginine	g	0.329			0.415	0.832	1.492
Histidine	g	0.148			0.186	0.374	0.671
Alanine	g	0.222			0.280	0.562	1.007
Aspartic acid	g	0.642			0.809	1.624	2.912
Glutamic acid	g	0.809			1.019	2.047	3.670
Glycine	g	0.207			0.261	0.524	0.939
Proline	g	0.225			0.284	0.569	1.021
Serine	g	0.289			0.364	0.731	1.311

BAKED BEANS, Canned, with pork and tomato sauce

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 126 g	1 c = 253 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72.69	0.133	221	91.59	183.92	329.74
Food energy	kcal	98			123	247	442
	kJ	408			514	1,032	1,851
Protein (N X6.25)	g	5.16		242	6.50	13.05	23.39
Total lipid (fat)	g	1.03		238	1.29	2.60	4.65
Carbohydrate, total	g	19.39			24.43	49.06	87.96
Crude fiber[1]	g	1.18		41	1.49	2.99	5.36
Ash	g	1.73		206	2.18	4.38	7.85
Minerals:							
Calcium	mg	56		221	70	141	253
Iron	mg	3.28		241	4.13	8.30	14.87
Magnesium	mg	35		79	44	88	157
Phosphorus	mg	117		182	148	297	533
Potassium	mg	300		82	378	759	1,361
Sodium	mg	440		219	554	1,113	1,995
Zinc	mg	5.86		6	7.38	14.83	26.59
Copper	mg	0.254		7	0.320	0.643	1.152
Manganese	mg	0.490		5	0.617	1.240	2.223
Vitamins:							
Ascorbic acid	mg	3.1		214	3.9	7.8	14.0
Thiamin	mg	0.052		222	0.066	0.132	0.236
Riboflavin	mg	0.046		223	0.058	0.116	0.209
Niacin	mg	0.497	0.010	206	0.626	1.257	2.254
Pantothenic acid	mg	0.529		4	0.667	1.338	2.400
Vitamin B_6	mg	0.069		6	0.087	0.175	0.313
Folacin	mcg	22.5		4	28.3	56.8	101.9
Vitamin B_{12}	mcg	0.01		3	0.02	0.03	0.06
Vitamin A	RE	12	0.656	213	16	31	56
	IU	124	6.555	213	156	313	562
Lipids:							
Fatty acids:							
Saturated, total	g	0.395			0.498	0.999	1.792
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.001			0.001	0.003	0.005
12:0	g	0.002			0.003	0.005	0.009
14:0	g	0.013			0.016	0.033	0.059
16:0	g	0.244			0.307	0.617	1.107
18:0	g	0.132			0.166	0.334	0.599
Monounsaturated, total	g	0.444			0.559	1.123	2.014
16:1	g	0.026			0.033	0.066	0.118
18:1	g	0.406			0.512	1.027	1.842
20:1	g	0.010			0.013	0.025	0.045
22:1	g						
Polyunsaturated, total	g	0.131			0.165	0.331	0.594
18:2	g	0.111			0.140	0.281	0.503
18:3	g	0.020			0.025	0.051	0.091
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	7			9	17	31
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.061			0.077	0.154	0.277
Threonine	g	0.217			0.273	0.549	0.984
Isoleucine	g	0.228			0.287	0.577	1.034
Leucine	g	0.412			0.519	1.042	1.869
Lysine	g	0.354			0.446	0.896	1.606
Methionine	g	0.078			0.098	0.197	0.354
Cystine	g	0.056			0.071	0.142	0.254
Phenylalanine	g	0.279			0.352	0.706	1.266
Tyrosine	g	0.145			0.183	0.367	0.658
Valine	g	0.270			0.340	0.683	1.225
Arginine	g	0.319			0.402	0.807	1.447
Histidine	g	0.144			0.181	0.364	0.653
Alanine	g	0.216			0.272	0.546	0.980
Aspartic acid	g	0.624			0.786	1.579	2.830
Glutamic acid	g	0.786			0.990	1.989	3.565
Glycine	g	0.201			0.253	0.509	0.912
Proline	g	0.219			0.276	0.554	0.993
Serine	g	0.281			0.354	0.711	1.275

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 2.2 g per 100 g.

BEANS, BLACK, Raw

Phaseolus vulgaris

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 97 g	1 c = 194 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	11.02	0.320	40	10.69	21.37	49.97
Food energy	kcal	341			330	661	1,545
	kJ	1,425			1,383	2,765	6,465
Protein (N X6.25)	g	21.60	0.304	36	20.95	41.91	97.98
Total lipid (fat)	g	1.42	0.064	12	1.38	2.75	6.43
Carbohydrate, total	g	62.37			60.50	120.99	282.90
Crude fiber[1]	g	5.28	0.759	3	5.12	10.24	23.94
Ash	g	3.60	0.066	15	3.49	6.98	16.31
Minerals:							
Calcium	mg	123	11.539	11	120	239	560
Iron	mg	5.02	0.566	28	4.87	9.73	22.75
Magnesium	mg	171	2.602	26	166	332	777
Phosphorus	mg	352	13.750	11	341	683	1,596
Potassium	mg	1,483		9	1,438	2,877	6,726
Sodium	mg	5	0.620	4	5	10	23
Zinc	mg	3.65	0.360	27	3.54	7.08	16.55
Copper	mg	0.841	0.047	27	0.816	1.632	3.815
Manganese	mg	1.060	0.041	26	1.028	2.056	4.808
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.900	0.016	26	0.873	1.746	4.082
Riboflavin	mg	0.193	0.007	26	0.187	0.374	0.875
Niacin	mg	1.955	0.062	30	1.896	3.793	8.868
Pantothenic acid	mg	0.899	0.017	8	0.872	1.744	4.078
Vitamin B_6	mg	0.286	0.006	9	0.277	0.555	1.297
Folacin	mcg	444.3	33.838	8	430.9	861.8	2,015.1
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	2		1	2	3	8
	IU	17		1	16	33	77
Lipids:							
Fatty acids:							
Saturated, total	g	0.366			0.355	0.710	1.660
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001			0.001	0.002	0.005
16:0	g	0.343			0.333	0.665	1.556
18:0	g	0.022			0.021	0.043	0.100
Monounsaturated, total	g	0.123			0.119	0.239	0.558
16:1	g						
18:1	g	0.123			0.119	0.239	0.558
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.610			0.592	1.183	2.767
18:2	g	0.332			0.322	0.644	1.506
18:3	g	0.278			0.270	0.539	1.261
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.256		34	0.248	0.497	1.161
Threonine	g	0.909		90	0.882	1.763	4.123
Isoleucine	g	0.954		90	0.925	1.851	4.327
Leucine	g	1.725		90	1.673	3.347	7.825
Lysine	g	1.483		91	1.439	2.877	6.727
Methionine	g	0.325		54	0.315	0.631	1.474
Cystine	g	0.235		49	0.228	0.456	1.066
Phenylalanine	g	1.168		88	1.133	2.266	5.298
Tyrosine	g	0.608		83	0.590	1.180	2.758
Valine	g	1.130		90	1.096	2.192	5.126
Arginine	g	1.337		85	1.297	2.594	6.065
Histidine	g	0.601		88	0.583	1.166	2.726
Alanine	g	0.905		77	0.878	1.756	4.105
Aspartic acid	g	2.613		85	2.535	5.069	11.853
Glutamic acid	g	3.294		77	3.195	6.390	14.942
Glycine	g	0.843		77	0.818	1.635	3.824
Proline	g	0.916		75	0.889	1.777	4.155
Serine	g	1.175		77	1.140	2.280	5.330

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 13.2 g per 100 g.

BEANS, BLACK, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 86 g	1 c = 172 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	65.74	1.551	9	56.54	113.08	298.21
Food energy	kcal	132			113	227	598
	kJ	551			474	948	2,500
Protein (N X6.25)	g	8.86	0.152	8	7.62	15.24	40.20
Total lipid (fat)	g	0.54	0.033	8	0.46	0.92	2.44
Carbohydrate, total	g	23.71			20.39	40.78	107.53
Crude fiber[1]	g	2.03			1.75	3.49	9.21
Ash	g	1.15	0.033	8	0.99	1.98	5.22
Minerals:							
Calcium	mg	27	2.294	14	24	47	125
Iron	mg	2.10	0.154	8	1.80	3.60	9.50
Magnesium	mg	70	4.590	14	60	121	318
Phosphorus	mg	140	3.628	8	120	241	635
Potassium	mg	355	25.963	14	306	611	1,612
Sodium	mg	1	0.025	4	1	1	3
Zinc	mg	1.12	0.050	9	0.96	1.92	5.07
Copper	mg	0.209	0.017	9	0.180	0.359	0.948
Manganese	mg	0.444	0.020	8	0.382	0.764	2.014
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.244	0.006	8	0.210	0.420	1.107
Riboflavin	mg	0.059	0.005	8	0.051	0.101	0.268
Niacin	mg	0.505	0.026	8	0.434	0.869	2.291
Pantothenic acid	mg	0.242	0.011	8	0.208	0.416	1.098
Vitamin B_6	mg	0.069	0.004	8	0.059	0.119	0.313
Folacin	mcg	148.8	11.150	8	127.9	255.9	674.7
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	1			1	1	3
	IU	6			5	10	27
Lipids:							
Fatty acids:							
Saturated, total	g	0.139			0.120	0.239	0.631
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.130			0.112	0.224	0.590
18:0	g	0.008			0.007	0.014	0.036
Monounsaturated, total	g	0.047			0.040	0.081	0.213
16:1	g						
18:1	g	0.047			0.040	0.081	0.213
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.231			0.199	0.397	1.048
18:2	g	0.126			0.108	0.217	0.572
18:3	g	0.105			0.090	0.181	0.476
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.105			0.090	0.181	0.476
Threonine	g	0.373			0.321	0.642	1.692
Isoleucine	g	0.391			0.336	0.673	1.774
Leucine	g	0.708			0.609	1.218	3.211
Lysine	g	0.608			0.523	1.046	2.758
Methionine	g	0.133			0.114	0.229	0.603
Cystine	g	0.096			0.083	0.165	0.435
Phenylalanine	g	0.479			0.412	0.824	2.173
Tyrosine	g	0.250			0.215	0.430	1.134
Valine	g	0.464			0.399	0.798	2.105
Arginine	g	0.549			0.472	0.944	2.490
Histidine	g	0.247			0.212	0.425	1.120
Alanine	g	0.372			0.320	0.640	1.687
Aspartic acid	g	1.072			0.922	1.844	4.863
Glutamic acid	g	1.351			1.162	2.324	6.128
Glycine	g	0.346			0.298	0.595	1.569
Proline	g	0.376			0.323	0.647	1.706
Serine	g	0.482			0.415	0.829	2.186

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 4.2 g per 100 g.

BEANS, BLACK TURTLE SOUP, Raw

Phaseolus vulgaris

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 92 g	1 c = 184 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	11.00			10.12	20.24	49.90
Food energy	kcal	339			312	623	1,536
	kJ	1,417			1,304	2,608	6,428
Protein (N X6.25)	g	21.25	0.144	3	19.55	39.10	96.39
Total lipid (fat)	g	0.90	0.000	4	0.83	1.66	4.08
Carbohydrate, total	g	63.25			58.19	116.39	286.92
Crude fiber	g	5.28			4.86	9.71	23.94
Ash	g	3.60			3.31	6.62	16.32
Minerals:							
Calcium	mg	160		1	147	294	726
Iron	mg	8.70		1	8.00	16.01	39.46
Magnesium	mg	160		1	147	294	726
Phosphorus	mg	440		1	405	810	1,996
Potassium	mg	1,500		1	1,380	2,760	6,804
Sodium	mg	9		1	8	16	40
Zinc	mg	2.20		1	2.02	4.05	9.98
Copper	mg	1.000		1	0.920	1.840	4.536
Manganese	mg	1.000		1	0.920	1.840	4.536
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.900			0.828	1.656	4.082
Riboflavin	mg	0.193			0.178	0.355	0.875
Niacin	mg	1.955			1.799	3.597	8.868
Pantothenic acid	mg	0.899			0.827	1.654	4.078
Vitamin B_6	mg	0.286			0.263	0.526	1.297
Folacin	mcg	444.3			408.8	817.6	2,015.5
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	2			2	3	8
	IU	17			16	31	77
Lipids:							
Fatty acids:							
Saturated, total	g	0.232			0.213	0.427	1.052
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001			0.001	0.002	0.005
16:0	g	0.218			0.201	0.401	0.989
18:0	g	0.014			0.013	0.026	0.064
Monounsaturated, total	g	0.078			0.072	0.144	0.354
16:1	g						
18:1	g	0.078			0.072	0.144	0.354
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.387			0.356	0.712	1.755
18:2	g	0.211			0.194	0.388	0.957
18:3	g	0.176			0.162	0.324	0.798
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.252			0.232	0.464	1.143
Threonine	g	0.894			0.822	1.645	4.055
Isoleucine	g	0.938			0.863	1.726	4.255
Leucine	g	1.697			1.561	3.122	7.698
Lysine	g	1.459			1.342	2.685	6.618
Methionine	g	0.320			0.294	0.589	1.452
Cystine	g	0.231			0.213	0.425	1.048
Phenylalanine	g	1.149			1.057	2.114	5.212
Tyrosine	g	0.598			0.550	1.100	2.713
Valine	g	1.112			1.023	2.046	5.044
Arginine	g	1.316			1.211	2.421	5.969
Histidine	g	0.592			0.545	1.089	2.685
Alanine	g	0.891			0.820	1.639	4.042
Aspartic acid	g	2.570			2.364	4.729	11.658
Glutamic acid	g	3.240			2.981	5.962	14.697
Glycine	g	0.830			0.764	1.527	3.765
Proline	g	0.901			0.829	1.658	4.087
Serine	g	1.156			1.064	2.127	5.244

BEANS, BLACK TURTLE SOUP, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 92 g	1 c = 185 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	65.74			60.48	121.62	298.19
Food energy	kcal	130			120	241	591
	kJ	546			502	1,009	2,475
Protein (N X6.25)	g	8.18			7.53	15.13	37.10
Total lipid (fat)	g	0.35			0.32	0.64	1.57
Carbohydrate, total	g	24.35			22.40	45.05	110.45
Crude fiber	g	2.03			1.87	3.76	9.22
Ash	g	1.38			1.27	2.56	6.28
Minerals:							
Calcium	mg	55			51	103	251
Iron	mg	2.85			2.62	5.27	12.91
Magnesium	mg	49			45	91	224
Phosphorus	mg	152			140	282	691
Potassium	mg	433			398	801	1,964
Sodium	mg	3			3	6	15
Zinc	mg	0.76			0.70	1.41	3.46
Copper	mg	0.269			0.247	0.498	1.220
Manganese	mg	0.327			0.301	0.605	1.483
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.225			0.207	0.416	1.021
Riboflavin	mg	0.056			0.052	0.104	0.254
Niacin	mg	0.527			0.485	0.975	2.390
Pantothenic acid	mg	0.260			0.239	0.481	1.179
Vitamin B_6	mg	0.077			0.071	0.142	0.349
Folacin	mcg	85.5			78.7	158.2	387.9
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	1			1	1	3
	IU	6			5	11	27
Lipids:							
Fatty acids:							
Saturated, total	g	0.089			0.082	0.165	0.404
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.084			0.077	0.155	0.381
18:0	g	0.005			0.005	0.009	0.023
Monounsaturated, total	g	0.030			0.028	0.056	0.136
16:1	g						
18:1	g	0.030			0.028	0.056	0.136
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.149			0.137	0.276	0.676
18:2	g	0.081			0.075	0.150	0.367
18:3	g	0.068			0.063	0.126	0.308
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.097			0.089	0.179	0.440
Threonine	g	0.344			0.316	0.636	1.560
Isoleucine	g	0.361			0.332	0.668	1.637
Leucine	g	0.653			0.601	1.208	2.962
Lysine	g	0.562			0.517	1.040	2.549
Methionine	g	0.123			0.113	0.228	0.558
Cystine	g	0.089			0.082	0.165	0.404
Phenylalanine	g	0.442			0.407	0.818	2.005
Tyrosine	g	0.230			0.212	0.426	1.043
Valine	g	0.428			0.394	0.792	1.941
Arginine	g	0.507			0.466	0.938	2.300
Histidine	g	0.228			0.210	0.422	1.034
Alanine	g	0.343			0.316	0.635	1.556
Aspartic acid	g	0.990			0.911	1.832	4.491
Glutamic acid	g	1.247			1.147	2.307	5.656
Glycine	g	0.319			0.293	0.590	1.447
Proline	g	0.347			0.319	0.642	1.574
Serine	g	0.445			0.409	0.823	2.019

BEANS, BLACK TURTLE SOUP, Canned[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 120 g	1 c = 240 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	75.64		1	90.77	181.54	343.10
Food energy	kcal	91			109	218	411
	kJ	380			455	911	1,722
Protein (N X6.25)	g	6.03		1	7.23	14.46	27.33
Total lipid (fat)	g	0.29		1	0.35	0.70	1.32
Carbohydrate, total	g	16.56			19.87	39.73	75.09
Crude fiber	g	1.18		1	1.42	2.83	5.35
Ash	g	1.49		1	1.79	3.58	6.76
Minerals:							
Calcium	mg	35		1	42	84	158
Iron	mg	1.90		1	2.28	4.56	8.62
Magnesium	mg	35			42	84	159
Phosphorus	mg	108			130	260	492
Potassium	mg	308			370	739	1,397
Sodium	mg	384			461	922	1,742
Zinc	mg	0.54			0.65	1.30	2.46
Copper	mg	0.192			0.230	0.461	0.871
Manganese	mg	0.233			0.280	0.559	1.057
Vitamins:							
Ascorbic acid	mg	2.7		1	3.2	6.4	12.0
Thiamin	mg	0.140		1	0.168	0.336	0.635
Riboflavin	mg	0.120		1	0.144	0.288	0.544
Niacin	mg	0.620		1	0.744	1.488	2.812
Pantothenic acid	mg	0.184			0.221	0.442	0.835
Vitamin B_6	mg	0.055			0.066	0.132	0.249
Folacin	mcg	60.8			73.0	145.9	275.8
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			1	1	2
	IU	4			5	10	19
Lipids:							
Fatty acids:							
Saturated, total	g	0.075			0.090	0.180	0.340
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.070			0.084	0.168	0.318
18:0	g	0.004			0.005	0.010	0.018
Monounsaturated, total	g	0.025			0.030	0.060	0.113
16:1	g						
18:1	g	0.025			0.030	0.060	0.113
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.125			0.150	0.300	0.567
18:2	g	0.068			0.082	0.163	0.308
18:3	g	0.057			0.068	0.137	0.259
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.071			0.085	0.170	0.322
Threonine	g	0.254			0.305	0.610	1.152
Isoleucine	g	0.266			0.319	0.638	1.207
Leucine	g	0.481			0.577	1.154	2.182
Lysine	g	0.414			0.497	0.994	1.878
Methionine	g	0.091			0.109	0.218	0.413
Cystine	g	0.066			0.079	0.158	0.299
Phenylalanine	g	0.326			0.391	0.782	1.479
Tyrosine	g	0.170			0.204	0.408	0.771
Valine	g	0.315			0.378	0.756	1.429
Arginine	g	0.373			0.448	0.895	1.692
Histidine	g	0.168			0.202	0.403	0.762
Alanine	g	0.253			0.304	0.607	1.148
Aspartic acid	g	0.729			0.875	1.750	3.307
Glutamic acid	g	0.919			1.103	2.206	4.169
Glycine	g	0.235			0.282	0.564	1.066
Proline	g	0.255			0.306	0.612	1.157
Serine	g	0.328			0.394	0.787	1.488

[1]Values based on data for solids and liquid.

BEANS, CRANBERRY, Raw

Phaseolus vulgaris

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 98 g	1 c = 195 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	12.39	0.847	8	12.14	24.15	56.19
Food energy	kcal	335			328	652	1,518
	kJ	1,400			1,372	2,730	6,349
Protein (N X6.25)	g	23.03	0.295	8	22.56	44.90	104.44
Total lipid (fat)	g	1.23	0.062	8	1.20	2.39	5.56
Carbohydrate, total	g	60.05			58.85	117.10	272.39
Crude fiber[1]	g	2.49			2.44	4.86	11.31
Ash	g	3.31	0.072	8	3.25	6.46	15.02
Minerals:							
Calcium	mg	127	2.831	8	124	248	576
Iron	mg	5.00	0.192	8	4.90	9.75	22.69
Magnesium	mg	156	3.373	8	152	303	706
Phosphorus	mg	372	14.121	8	365	726	1,689
Potassium	mg	1,332	33.256	8	1,305	2,597	6,041
Sodium	mg	6	0.380	4	6	12	27
Zinc	mg	3.63	0.107	8	3.56	7.09	16.48
Copper	mg	0.794	0.034	8	0.778	1.548	3.602
Manganese	mg	0.920	0.015	8	0.902	1.794	4.173
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.747	0.032	8	0.732	1.457	3.388
Riboflavin	mg	0.213	0.018	8	0.209	0.415	0.966
Niacin	mg	1.455	0.072	8	1.426	2.837	6.600
Pantothenic acid	mg	0.748	0.017	8	0.733	1.459	3.393
Vitamin B_6	mg	0.309	0.010	8	0.303	0.603	1.402
Folacin	mcg	604.4	28.556	8	592.3	1,178.5	2,741.4
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0	0.104	8	0	0	1
	IU	2	1.043	8	2	4	9
Lipids:							
Fatty acids:							
Saturated, total	g	0.316			0.310	0.616	1.433
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001			0.001	0.002	0.005
16:0	g	0.296			0.290	0.577	1.343
18:0	g	0.019			0.019	0.037	0.086
Monounsaturated, total	g	0.106			0.104	0.207	0.481
16:1	g						
18:1	g	0.106			0.104	0.207	0.481
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.527			0.516	1.028	2.390
18:2	g	0.287			0.281	0.560	1.302
18:3	g	0.240			0.235	0.468	1.089
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.273			0.268	0.532	1.238
Threonine	g	0.969			0.950	1.890	4.395
Isoleucine	g	1.017			0.997	1.983	4.613
Leucine	g	1.838			1.801	3.584	8.337
Lysine	g	1.580			1.548	3.081	7.167
Methionine	g	0.346			0.339	0.675	1.569
Cystine	g	0.251			0.246	0.489	1.139
Phenylalanine	g	1.245			1.220	2.428	5.647
Tyrosine	g	0.648			0.635	1.264	2.939
Valine	g	1.205			1.181	2.350	5.466
Arginine	g	1.426			1.397	2.781	6.468
Histidine	g	0.641			0.628	1.250	2.908
Alanine	g	0.965			0.946	1.882	4.377
Aspartic acid	g	2.785			2.729	5.431	12.633
Glutamic acid	g	3.511			3.441	6.846	15.926
Glycine	g	0.899			0.881	1.753	4.078
Proline	g	0.976			0.956	1.903	4.427
Serine	g	1.253			1.228	2.443	5.684

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 9.3 g per 100 g.

BEANS, CRANBERRY, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 88 g	1 c = 177 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64.65	0.497	8	56.89	114.43	293.25
Food energy	kcal	136			120	240	616
	kJ	568			500	1,006	2,578
Protein (N X6.25)	g	9.34	0.177	8	8.22	16.53	42.35
Total lipid (fat)	g	0.46	0.042	8	0.41	0.82	2.10
Carbohydrate, total	g	24.46			21.53	43.30	110.97
Crude fiber[1]	g	1.00			0.88	1.78	4.56
Ash	g	1.09	0.023	8	0.96	1.92	4.93
Minerals:							
Calcium	mg	50	1.044	8	44	89	229
Iron	mg	2.09	0.118	8	1.84	3.70	9.48
Magnesium	mg	50	0.909	8	44	89	227
Phosphorus	mg	135	3.381	8	119	240	614
Potassium	mg	387	8.836	8	340	685	1,755
Sodium	mg	1	0.081	4	1	1	4
Zinc	mg	1.14	0.046	8	1.00	2.01	5.15
Copper	mg	0.231	0.023	8	0.203	0.409	1.048
Manganese	mg	0.370	0.010	8	0.326	0.655	1.678
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.210	0.010	8	0.185	0.372	0.953
Riboflavin	mg	0.069	0.004	8	0.061	0.122	0.313
Niacin	mg	0.515	0.037	8	0.453	0.912	2.336
Pantothenic acid	mg	0.240	0.012	8	0.211	0.425	1.089
Vitamin B_6	mg	0.081	0.005	8	0.071	0.143	0.367
Folacin	mcg	206.8	7.812	8	181.9	365.9	937.8
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0	0.000	8	0	0	0
	IU	0	0.000	8	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.119			0.105	0.211	0.540
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.112			0.099	0.198	0.508
18:0	g	0.007			0.006	0.012	0.032
Monounsaturated, total	g	0.040			0.035	0.071	0.181
16:1	g						
18:1	g	0.040			0.035	0.071	0.181
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.199			0.175	0.352	0.903
18:2	g	0.108			0.095	0.191	0.490
18:3	g	0.091			0.080	0.161	0.413
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.111			0.098	0.196	0.503
Threonine	g	0.393			0.346	0.696	1.783
Isoleucine	g	0.412			0.363	0.729	1.869
Leucine	g	0.746			0.656	1.320	3.384
Lysine	g	0.641			0.564	1.135	2.908
Methionine	g	0.140			0.123	0.248	0.635
Cystine	g	0.102			0.090	0.181	0.463
Phenylalanine	g	0.505			0.444	0.894	2.291
Tyrosine	g	0.263			0.231	0.466	1.193
Valine	g	0.489			0.430	0.866	2.218
Arginine	g	0.578			0.509	1.023	2.622
Histidine	g	0.260			0.229	0.460	1.179
Alanine	g	0.391			0.344	0.692	1.774
Aspartic acid	g	1.129			0.994	1.998	5.121
Glutamic acid	g	1.424			1.253	2.520	6.459
Glycine	g	0.365			0.321	0.646	1.656
Proline	g	0.396			0.348	0.701	1.796
Serine	g	0.508			0.447	0.899	2.304

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 3.4 g per 100 g.

BEANS, CRANBERRY, Canned[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 130 g	1 c = 260 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	77.56		7	100.82	201.64	351.79
Food energy	kcal	83			108	216	377
	kJ	348			452	904	1,578
Protein (N X6.25)	g	5.54		7	7.21	14.41	25.14
Total lipid (fat)	g	0.28		7	0.36	0.73	1.27
Carbohydrate, total	g	15.12			19.66	39.32	68.59
Crude fiber	g	0.92		2	1.20	2.39	4.17
Ash	g	1.50		7	1.95	3.90	6.80
Minerals:							
Calcium	mg	34		7	44	87	152
Iron	mg	1.55		7	2.01	4.02	7.01
Magnesium	mg	32			41	83	145
Phosphorus	mg	86			112	223	389
Potassium	mg	260	24.087	6	337	675	1,177
Sodium	mg	332		7	431	863	1,505
Zinc	mg	0.84			1.09	2.18	3.80
Copper	mg	0.142			0.185	0.369	0.644
Manganese	mg	0.200			0.260	0.520	0.907
Vitamins:							
Ascorbic acid	mg	0.8		1	1.1	2.1	3.7
Thiamin	mg	0.039		7	0.051	0.101	0.177
Riboflavin	mg	0.039		7	0.051	0.101	0.177
Niacin	mg	0.504		7	0.655	1.310	2.286
Pantothenic acid	mg	0.144			0.187	0.374	0.653
Vitamin B_6	mg	0.055			0.072	0.143	0.249
Folacin	mcg	77.4			100.6	201.3	351.2
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.072			0.094	0.187	0.327
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.068			0.088	0.177	0.308
18:0	g	0.004			0.005	0.010	0.018
Monounsaturated, total	g	0.024			0.031	0.062	0.109
16:1	g						
18:1	g	0.024			0.031	0.062	0.109
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.120			0.156	0.312	0.544
18:2	g	0.066			0.086	0.172	0.299
18:3	g	0.055			0.072	0.143	0.249
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.066			0.086	0.172	0.299
Threonine	g	0.233			0.303	0.606	1.057
Isoleucine	g	0.245			0.319	0.637	1.111
Leucine	g	0.443			0.576	1.152	2.009
Lysine	g	0.381			0.495	0.991	1.728
Methionine	g	0.083			0.108	0.216	0.376
Cystine	g	0.060			0.078	0.156	0.272
Phenylalanine	g	0.300			0.390	0.780	1.361
Tyrosine	g	0.156			0.203	0.406	0.708
Valine	g	0.290			0.377	0.754	1.315
Arginine	g	0.343			0.446	0.892	1.556
Histidine	g	0.154			0.200	0.400	0.699
Alanine	g	0.232			0.302	0.603	1.052
Aspartic acid	g	0.671			0.872	1.745	3.044
Glutamic acid	g	0.845			1.099	2.197	3.833
Glycine	g	0.216			0.281	0.562	0.980
Proline	g	0.235			0.306	0.611	1.066
Serine	g	0.302			0.393	0.785	1.370

[1] Values based on data for solids and liquid.

BEANS, FRENCH, Raw

Phaseolus vulgaris

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 92 g	1 c = 184 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	10.77	0.465	2	9.90	19.81	48.83
Food energy	kcal	343			316	631	1,556
	kJ	1,436			1,321	2,641	6,512
Protein (N X6.25)	g	18.81	2.188	2	17.31	34.61	85.33
Total lipid (fat)	g	2.02	0.400	2	1.86	3.72	9.16
Carbohydrate, total	g	64.11			58.98	117.96	290.79
Crude fiber	g	3.73	0.670	2	3.43	6.86	16.92
Ash	g	4.30	0.545	2	3.95	7.90	19.48
Minerals:							
Calcium	mg	186	56.000	2	171	342	844
Iron	mg	3.40		1	3.13	6.26	15.42
Magnesium	mg	188	27.500	2	173	345	851
Phosphorus	mg	304	7.500	2	279	558	1,377
Potassium	mg	1,316	33.000	2	1,211	2,421	5,969
Sodium	mg	18		1	16	33	81
Zinc	mg	1.90		1	1.75	3.50	8.62
Copper	mg	0.440		1	0.405	0.810	1.996
Manganese	mg	1.200		1	1.104	2.208	5.443
Vitamins:							
Ascorbic acid	mg	4.6			4.2	8.4	20.6
Thiamin	mg	0.535			0.492	0.984	2.427
Riboflavin	mg	0.221			0.203	0.407	1.002
Niacin	mg	2.083			1.916	3.833	9.448
Pantothenic acid	mg	0.789			0.726	1.452	3.579
Vitamin B_6	mg	0.401			0.369	0.738	1.819
Folacin	mcg	398.5			366.6	733.3	1,807.6
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	1			1	1	4
	IU	8			7	15	36
Lipids:							
Fatty acids:							
Saturated, total	g	0.221			0.203	0.407	1.002
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.005			0.005	0.009	0.023
16:0	g	0.186			0.171	0.342	0.844
18:0	g	0.023			0.021	0.042	0.104
Monounsaturated, total	g	0.138			0.127	0.254	0.626
16:1	g	0.003			0.003	0.006	0.014
18:1	g	0.135			0.124	0.248	0.612
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.207			1.110	2.221	5.475
18:2	g	0.442			0.407	0.813	2.005
18:3	g	0.765			0.704	1.408	3.470
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.223			0.205	0.410	1.012
Threonine	g	0.792			0.729	1.457	3.593
Isoleucine	g	0.831			0.765	1.529	3.769
Leucine	g	1.502			1.382	2.764	6.813
Lysine	g	1.291			1.188	2.375	5.856
Methionine	g	0.283			0.260	0.521	1.284
Cystine	g	0.205			0.189	0.377	0.930
Phenylalanine	g	1.017			0.936	1.871	4.613
Tyrosine	g	0.530			0.488	0.975	2.404
Valine	g	0.984			0.905	1.811	4.463
Arginine	g	1.165			1.072	2.144	5.284
Histidine	g	0.524			0.482	0.964	2.377
Alanine	g	0.789			0.726	1.452	3.579
Aspartic acid	g	2.276			2.094	4.188	10.324
Glutamic acid	g	2.869			2.639	5.279	13.014
Glycine	g	0.734			0.675	1.351	3.329
Proline	g	0.798			0.734	1.468	3.620
Serine	g	1.023			0.941	1.882	4.640

BEANS, FRENCH, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 86 g	1 c = 177 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66.57			57.25	117.82	301.94
Food energy	kcal	129			111	228	583
	kJ	538			463	952	2,440
Protein (N X6.25)	g	7.05			6.06	12.48	31.97
Total lipid (fat)	g	0.76			0.65	1.34	3.44
Carbohydrate, total	g	24.02			20.66	42.52	108.95
Crude fiber	g	1.40			1.20	2.47	6.34
Ash	g	1.61			1.38	2.85	7.30
Minerals:							
Calcium	mg	63			54	111	285
Iron	mg	1.08			0.93	1.92	4.91
Magnesium	mg	56			48	99	255
Phosphorus	mg	102			88	181	464
Potassium	mg	370			318	655	1,677
Sodium	mg	6			5	11	29
Zinc	mg	0.64			0.55	1.13	2.91
Copper	mg	0.115			0.099	0.204	0.522
Manganese	mg	0.382			0.329	0.676	1.733
Vitamins:							
Ascorbic acid	mg	1.2			1.0	2.1	5.4
Thiamin	mg	0.130			0.112	0.230	0.590
Riboflavin	mg	0.062			0.053	0.110	0.281
Niacin	mg	0.546			0.470	0.966	2.477
Pantothenic acid	mg	0.222			0.191	0.393	1.007
Vitamin B_6	mg	0.105			0.090	0.186	0.476
Folacin	mcg	74.7			64.2	132.1	338.6
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	1
	IU	3			2	5	12
Lipids:							
Fatty acids:							
Saturated, total	g	0.083			0.071	0.147	0.376
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002			0.002	0.004	0.009
16:0	g	0.070			0.060	0.124	0.318
18:0	g	0.009			0.008	0.016	0.041
Monounsaturated, total	g	0.052			0.045	0.092	0.236
16:1	g	0.001			0.001	0.002	0.005
18:1	g	0.051			0.044	0.090	0.231
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.453			0.390	0.802	2.055
18:2	g	0.166			0.143	0.294	0.753
18:3	g	0.287			0.247	0.508	1.302
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.083			0.071	0.147	0.376
Threonine	g	0.297			0.255	0.526	1.347
Isoleucine	g	0.311			0.267	0.550	1.411
Leucine	g	0.563			0.484	0.997	2.554
Lysine	g	0.484			0.416	0.857	2.195
Methionine	g	0.106			0.091	0.188	0.481
Cystine	g	0.077			0.066	0.136	0.349
Phenylalanine	g	0.381			0.328	0.674	1.728
Tyrosine	g	0.199			0.171	0.352	0.903
Valine	g	0.369			0.317	0.653	1.674
Arginine	g	0.437			0.376	0.773	1.982
Histidine	g	0.196			0.169	0.347	0.889
Alanine	g	0.296			0.255	0.524	1.343
Aspartic acid	g	0.853			0.734	1.510	3.869
Glutamic acid	g	1.075			0.925	1.903	4.876
Glycine	g	0.275			0.237	0.487	1.247
Proline	g	0.299			0.257	0.529	1.356
Serine	g	0.384			0.330	0.680	1.742

BEANS, GREAT NORTHERN, Raw

Phaseolus vulgaris

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 91 g	1 c = 183 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	10.70	0.293	45	9.74	19.58	48.54
Food energy	kcal	339			309	621	1,539
	kJ	1,419			1,292	2,597	6,438
Protein (N X 6.25)	g	21.86	0.201	48	19.89	40.00	99.15
Total lipid (fat)	g	1.14	0.047	49	1.04	2.09	5.18
Carbohydrate, total	g	62.37			56.75	114.13	282.89
Crude fiber[1]	g	6.74	0.070	12	6.14	12.34	30.59
Ash	g	3.93	0.090	45	3.58	7.20	17.84
Minerals:							
Calcium	mg	175	2.905	36	159	320	793
Iron	mg	5.47	0.305	36	4.98	10.01	24.81
Magnesium	mg	189	3.752	36	172	346	859
Phosphorus	mg	447	6.430	35	407	818	2,028
Potassium	mg	1,387	50.802	36	1,262	2,538	6,291
Sodium	mg	14	2.333	31	12	25	62
Zinc	mg	2.31	0.069	35	2.10	4.22	10.46
Copper	mg	0.837	0.025	35	0.762	1.532	3.797
Manganese	mg	1.423	0.038	35	1.295	2.604	6.455
Vitamins:							
Ascorbic acid	mg	5.3		1	4.8	9.7	24.0
Thiamin	mg	0.653	0.028	45	0.594	1.195	2.962
Riboflavin	mg	0.237	0.010	45	0.216	0.434	1.075
Niacin	mg	1.955	0.111	45	1.779	3.578	8.868
Pantothenic acid	mg	1.098	0.027	32	0.999	2.009	4.981
Vitamin B_6	mg	0.447	0.008	32	0.407	0.818	2.028
Folacin	mcg	482.0	14.027	32	438.6	882.1	2,186.5
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0		1	0	1	1
	IU	3		1	3	6	14
Lipids:							
Fatty acids:							
Saturated, total	g	0.356			0.324	0.651	1.615
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.335			0.305	0.613	1.520
18:0	g	0.021			0.019	0.038	0.095
Monounsaturated, total	g	0.053			0.048	0.097	0.240
16:1	g						
18:1	g	0.053			0.048	0.097	0.240
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.477			0.434	0.873	2.164
18:2	g	0.263			0.239	0.481	1.193
18:3	g	0.213			0.194	0.390	0.966
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.259			0.236	0.474	1.175
Threonine	g	0.920			0.837	1.684	4.173
Isoleucine	g	0.965			0.878	1.766	4.377
Leucine	g	1.745			1.588	3.193	7.915
Lysine	g	1.500			1.365	2.745	6.804
Methionine	g	0.329			0.299	0.602	1.492
Cystine	g	0.238			0.217	0.436	1.080
Phenylalanine	g	1.182			1.076	2.163	5.362
Tyrosine	g	0.615			0.560	1.125	2.790
Valine	g	1.144			1.041	2.094	5.189
Arginine	g	1.353			1.231	2.476	6.137
Histidine	g	0.608			0.553	1.113	2.758
Alanine	g	0.916			0.834	1.676	4.155
Aspartic acid	g	2.644			2.406	4.839	11.993
Glutamic acid	g	3.333			3.033	6.099	15.118
Glycine	g	0.853			0.776	1.561	3.869
Proline	g	0.927			0.844	1.696	4.205
Serine	g	1.189			1.082	2.176	5.393

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 12.6 g per 100 g.

BEANS, GREAT NORTHERN, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 88 g	1 c = 177 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	69.00	1.515	25	60.72	122.13	312.98
Food energy	kcal	118			104	210	537
	kJ	496			436	877	2,249
Protein (N X6.25)	g	8.33	0.088	20	7.33	14.75	37.79
Total lipid (fat)	g	0.45	0.013	20	0.40	0.79	2.04
Carbohydrate, total	g	21.09			18.55	37.32	95.64
Crude fiber[1]	g	2.98	0.078	12	2.62	5.27	13.51
Ash	g	1.14	0.021	20	1.00	2.01	5.15
Minerals:							
Calcium	mg	68	1.629	20	60	121	309
Iron	mg	2.13	0.157	20	1.87	3.77	9.65
Magnesium	mg	50	1.339	20	44	88	226
Phosphorus	mg	165	4.334	20	145	293	750
Potassium	mg	391	10.884	20	344	692	1,774
Sodium	mg	2	0.212	16	2	4	10
Zinc	mg	0.88	0.018	20	0.77	1.55	3.97
Copper	mg	0.247	0.019	20	0.217	0.437	1.120
Manganese	mg	0.518	0.019	20	0.456	0.917	2.350
Vitamins:							
Ascorbic acid	mg	1.3			1.1	2.3	5.8
Thiamin	mg	0.158	0.009	20	0.139	0.280	0.717
Riboflavin	mg	0.059	0.002	20	0.052	0.104	0.268
Niacin	mg	0.681	0.094	20	0.599	1.205	3.089
Pantothenic acid	mg	0.266	0.005	8	0.234	0.471	1.207
Vitamin B_6	mg	0.117	0.002	8	0.103	0.207	0.531
Folacin	mcg	102.2	18.373	13	89.9	180.9	463.6
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	1			1	2	5
Lipids:							
Fatty acids:							
Saturated, total	g	0.140			0.123	0.248	0.635
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.132			0.116	0.234	0.599
18:0	g	0.008			0.007	0.014	0.036
Monounsaturated, total	g	0.021			0.018	0.037	0.095
16:1	g						
18:1	g	0.021			0.018	0.037	0.095
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.187			0.165	0.331	0.848
18:2	g	0.103			0.091	0.182	0.467
18:3	g	0.084			0.074	0.149	0.381
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.099			0.087	0.175	0.449
Threonine	g	0.351			0.309	0.621	1.592
Isoleucine	g	0.368			0.324	0.651	1.669
Leucine	g	0.665			0.585	1.177	3.016
Lysine	g	0.572			0.503	1.012	2.595
Methionine	g	0.125			0.110	0.221	0.567
Cystine	g	0.091			0.080	0.161	0.413
Phenylalanine	g	0.451			0.397	0.798	2.046
Tyrosine	g	0.235			0.207	0.416	1.066
Valine	g	0.436			0.384	0.772	1.978
Arginine	g	0.516			0.454	0.913	2.341
Histidine	g	0.232			0.204	0.411	1.052
Alanine	g	0.349			0.307	0.618	1.583
Aspartic acid	g	1.008			0.887	1.784	4.572
Glutamic acid	g	1.270			1.118	2.248	5.761
Glycine	g	0.325			0.286	0.575	1.474
Proline	g	0.353			0.311	0.625	1.601
Serine	g	0.453			0.399	0.802	2.055

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 3.4 g per 100 g.

BEANS, GREAT NORTHERN, Canned[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 131 g	1 c = 262 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	69.89			91.56	183.11	317.03
Food energy	kcal	114			150	300	519
	kJ	479			627	1,254	2,171
Protein (N X6.25)	g	7.37			9.65	19.31	33.43
Total lipid (fat)	g	0.39			0.50	1.01	1.75
Carbohydrate, total	g	21.03			27.55	55.09	95.38
Crude fiber	g	2.27			2.98	5.96	10.31
Ash	g	1.33			1.74	3.47	6.01
Minerals:							
Calcium	mg	53			69	139	241
Iron	mg	1.57			2.05	4.11	7.11
Magnesium	mg	51			67	134	232
Phosphorus	mg	136			178	355	615
Potassium	mg	351			459	919	1,591
Sodium	mg	4			6	11	20
Zinc	mg	0.65		1	0.85	1.70	2.95
Copper	mg	0.160		1	0.210	0.419	0.726
Manganese	mg	0.408			0.534	1.069	1.851
Vitamins:							
Ascorbic acid	mg	1.3			1.6	3.3	5.7
Thiamin	mg	0.143			0.187	0.375	0.649
Riboflavin	mg	0.060			0.079	0.157	0.272
Niacin	mg	0.461			0.604	1.208	2.091
Pantothenic acid	mg	0.278			0.364	0.728	1.261
Vitamin B_6	mg	0.106			0.139	0.278	0.481
Folacin	mcg	81.3			106.5	212.9	368.6
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	1			1	3	4
Lipids:							
Fatty acids:							
Saturated, total	g	0.120			0.157	0.314	0.544
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.113			0.148	0.296	0.513
18:0	g	0.007			0.009	0.018	0.032
Monounsaturated, total	g	0.018			0.024	0.047	0.082
16:1	g						
18:1	g	0.018			0.024	0.047	0.082
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.161			0.211	0.422	0.730
18:2	g	0.089			0.117	0.233	0.404
18:3	g	0.072			0.094	0.189	0.327
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.087			0.114	0.228	0.395
Threonine	g	0.310			0.406	0.812	1.406
Isoleucine	g	0.325			0.426	0.852	1.474
Leucine	g	0.588			0.770	1.541	2.667
Lysine	g	0.506			0.663	1.326	2.295
Methionine	g	0.111			0.145	0.291	0.503
Cystine	g	0.080			0.105	0.210	0.363
Phenylalanine	g	0.399			0.523	1.045	1.810
Tyrosine	g	0.208			0.272	0.545	0.943
Valine	g	0.386			0.506	1.011	1.751
Arginine	g	0.456			0.597	1.195	2.068
Histidine	g	0.205			0.269	0.537	0.930
Alanine	g	0.309			0.405	0.810	1.402
Aspartic acid	g	0.891			1.167	2.334	4.042
Glutamic acid	g	1.124			1.472	2.945	5.098
Glycine	g	0.288			0.377	0.755	1.306
Proline	g	0.312			0.409	0.817	1.415
Serine	g	0.401			0.525	1.051	1.819

[1]Values based on data for solids and liquid.

BEANS, KIDNEY, ALL TYPES, Raw

Phaseolus vulgaris

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 92 g	1 c = 184 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	11.75		86	10.81	21.63	53.31
Food energy	kcal	333			306	613	1,510
	kJ	1,393			1,282	2,563	6,320
Protein (N X6.25)	g	23.58		102	21.69	43.39	106.95
Total lipid (fat)	g	0.83		108	0.76	1.52	3.75
Carbohydrate, total	g	60.01			55.21	110.42	272.21
Crude fiber[1]	g	6.23		34	5.74	11.47	28.28
Ash	g	3.83		85	3.52	7.05	17.37
Minerals:							
Calcium	mg	143		71	132	263	648
Iron	mg	8.20	0.595	90	7.54	15.09	37.20
Magnesium	mg	140		69	129	258	637
Phosphorus	mg	407		66	375	749	1,847
Potassium	mg	1,406		67	1,294	2,587	6,378
Sodium	mg	24		55	22	44	108
Zinc	mg	2.79	0.212	68	2.57	5.14	12.66
Copper	mg	0.958		64	0.881	1.763	4.345
Manganese	mg	1.021		68	0.939	1.879	4.631
Vitamins:							
Ascorbic acid	mg	4.5		1	4.1	8.3	20.4
Thiamin	mg	0.529		53	0.487	0.973	2.400
Riboflavin	mg	0.219		53	0.201	0.403	0.993
Niacin	mg	2.060		48	1.895	3.790	9.344
Pantothenic acid	mg	0.780	0.022	32	0.718	1.435	3.538
Vitamin B_6	mg	0.397	0.007	32	0.365	0.730	1.801
Folacin	mcg	394.1	13.422	32	362.6	725.1	1,787.6
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	1	0.108	22	1	1	4
	IU	8	1.083	22	7	14	36
Lipids:							
Fatty acids:							
Saturated, total	g	0.120			0.110	0.221	0.544
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.106			0.098	0.195	0.481
18:0	g	0.014			0.013	0.026	0.064
Monounsaturated, total	g	0.064			0.059	0.118	0.290
16:1	g						
18:1	g	0.064			0.059	0.118	0.290
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.457			0.420	0.841	2.073
18:2	g	0.178			0.164	0.328	0.807
18:3	g	0.279			0.257	0.513	1.266
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg	127			117	234	576
Amino acids:							
Tryptophan	g	0.279			0.257	0.513	1.266
Threonine	g	0.992			0.913	1.825	4.500
Isoleucine	g	1.041			0.958	1.915	4.722
Leucine	g	1.882			1.731	3.463	8.537
Lysine	g	1.618			1.489	2.977	7.339
Methionine	g	0.355			0.327	0.653	1.610
Cystine	g	0.256			0.236	0.471	1.161
Phenylalanine	g	1.275			1.173	2.346	5.783
Tyrosine	g	0.664			0.611	1.222	3.012
Valine	g	1.233			1.134	2.269	5.593
Arginine	g	1.460			1.343	2.686	6.623
Histidine	g	0.656			0.604	1.207	2.976
Alanine	g	0.988			0.909	1.818	4.482
Aspartic acid	g	2.852			2.624	5.248	12.937
Glutamic acid	g	3.595			3.307	6.615	16.307
Glycine	g	0.920			0.846	1.693	4.173
Proline	g	1.000			0.920	1.840	4.536
Serine	g	1.282			1.179	2.359	5.815

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 10.4 g per 100 g.

BEANS, KIDNEY, ALL TYPES, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 88 g	1 c = 177 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66.94	0.208	20	58.90	118.47	303.62
Food energy	kcal	127			112	225	576
	kJ	532			468	941	2,412
Protein (N X 6.25)	g	8.67	0.097	23	7.63	15.35	39.35
Total lipid (fat)	g	0.50	0.015	23	0.44	0.88	2.26
Carbohydrate, total	g	22.81			20.07	40.37	103.46
Crude fiber[1]	g	2.81	0.141	15	2.48	4.98	12.76
Ash	g	1.09	0.028	23	0.95	1.92	4.92
Minerals:							
Calcium	mg	28	1.913	30	25	50	129
Iron	mg	2.94	0.180	30	2.58	5.20	13.32
Magnesium	mg	45	0.888	29	40	80	206
Phosphorus	mg	142	5.977	30	125	252	646
Potassium	mg	403	11.701	31	355	713	1,828
Sodium	mg	2	0.419	21	2	4	11
Zinc	mg	1.07	0.029	32	0.94	1.89	4.84
Copper	mg	0.242	0.012	32	0.213	0.428	1.098
Manganese	mg	0.477	0.025	31	0.420	0.844	2.164
Vitamins:							
Ascorbic acid	mg	1.2			1.0	2.1	5.4
Thiamin	mg	0.160	0.017	23	0.141	0.283	0.726
Riboflavin	mg	0.058	0.003	23	0.051	0.103	0.263
Niacin	mg	0.578	0.038	23	0.509	1.023	2.622
Pantothenic acid	mg	0.220	0.006	8	0.194	0.389	0.998
Vitamin B_6	mg	0.120	0.006	8	0.106	0.212	0.544
Folacin	mcg	129.6	3.817	8	114.1	229.4	588.0
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0	0.000	8	0	0	0
	IU	0	0.000	8	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.072			0.063	0.127	0.327
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.064			0.056	0.113	0.290
18:0	g	0.008			0.007	0.014	0.036
Monounsaturated, total	g	0.039			0.034	0.069	0.177
16:1	g						
18:1	g	0.039			0.034	0.069	0.177
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.275			0.242	0.487	1.247
18:2	g	0.107			0.094	0.189	0.485
18:3	g	0.168			0.148	0.297	0.762
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.103			0.091	0.182	0.467
Threonine	g	0.365			0.321	0.646	1.656
Isoleucine	g	0.383			0.337	0.678	1.737
Leucine	g	0.693			0.610	1.227	3.143
Lysine	g	0.595			0.524	1.053	2.699
Methionine	g	0.130			0.114	0.230	0.590
Cystine	g	0.094			0.083	0.166	0.426
Phenylalanine	g	0.469			0.413	0.830	2.127
Tyrosine	g	0.244			0.215	0.432	1.107
Valine	g	0.454			0.400	0.804	2.059
Arginine	g	0.537			0.473	0.950	2.436
Histidine	g	0.242			0.213	0.428	1.098
Alanine	g	0.364			0.320	0.644	1.651
Aspartic acid	g	1.049			0.923	1.857	4.758
Glutamic acid	g	1.323			1.164	2.342	6.001
Glycine	g	0.339			0.298	0.600	1.538
Proline	g	0.368			0.324	0.651	1.669
Serine	g	0.472			0.415	0.835	2.141

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 3.6 g per 100 g.

BEANS, KIDNEY, ALL TYPES, Canned[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 128 g	1 c = 256 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	77.95		43	99.78	199.56	353.59
Food energy	kcal	81			104	208	368
	kJ	340			435	870	1,541
Protein (N X6.25)	g	5.20		43	6.65	13.30	23.57
Total lipid (fat)	g	0.31		42	0.40	0.80	1.42
Carbohydrate, total	g	14.88			19.04	38.08	67.47
Crude fiber	g	0.97		10	1.24	2.47	4.38
Ash	g	1.66		43	2.13	4.26	7.55
Minerals:							
Calcium	mg	27		43	35	69	123
Iron	mg	1.23		44	1.57	3.14	5.57
Magnesium	mg	31		1	40	79	141
Phosphorus	mg	105		1	134	269	476
Potassium	mg	257	17.024	40	329	658	1,166
Sodium	mg	347		41	445	889	1,576
Zinc	mg	0.55		1	0.70	1.41	2.49
Copper	mg	0.150		1	0.192	0.384	0.680
Manganese	mg	0.217			0.278	0.556	0.984
Vitamins:							
Ascorbic acid	mg	1.2		5	1.5	3.0	5.3
Thiamin	mg	0.109		43	0.140	0.279	0.494
Riboflavin	mg	0.072		45	0.092	0.184	0.327
Niacin	mg	0.502		42	0.643	1.285	2.277
Pantothenic acid	mg	0.146			0.187	0.374	0.662
Vitamin B_6	mg	0.069			0.088	0.177	0.313
Folacin	mcg	49.2			63.0	126.0	223.3
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.045			0.058	0.115	0.204
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.040			0.051	0.102	0.181
18:0	g	0.005			0.006	0.013	0.023
Monounsaturated, total	g	0.024			0.031	0.061	0.109
16:1	g						
18:1	g	0.024			0.031	0.061	0.109
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.172			0.220	0.440	0.780
18:2	g	0.067			0.086	0.172	0.304
18:3	g	0.105			0.134	0.269	0.476
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.061			0.078	0.156	0.277
Threonine	g	0.219			0.280	0.561	0.993
Isoleucine	g	0.229			0.293	0.586	1.039
Leucine	g	0.415			0.531	1.062	1.882
Lysine	g	0.356			0.456	0.911	1.615
Methionine	g	0.078			0.100	0.200	0.354
Cystine	g	0.057			0.073	0.146	0.259
Phenylalanine	g	0.281			0.360	0.719	1.275
Tyrosine	g	0.146			0.187	0.374	0.662
Valine	g	0.272			0.348	0.696	1.234
Arginine	g	0.322			0.412	0.824	1.461
Histidine	g	0.145			0.186	0.371	0.658
Alanine	g	0.218			0.279	0.558	0.989
Aspartic acid	g	0.628			0.804	1.608	2.849
Glutamic acid	g	0.792			1.014	2.028	3.593
Glycine	g	0.203			0.260	0.520	0.921
Proline	g	0.220			0.282	0.563	0.998
Serine	g	0.283			0.362	0.724	1.284

[1]Values based on data for solids and liquid.

BEANS, KIDNEY, CALIFORNIA RED, Raw

Phaseolus vulgaris

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 92 g	1 c = 184 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	11.75			10.81	21.62	53.29
Food energy	kcal	330			304	607	1,497
	kJ	1,381			1,270	2,541	6,264
Protein (N X6.25)	g	24.37	0.149	6	22.42	44.85	110.56
Total lipid (fat)	g	0.25	0.019	8	0.23	0.46	1.13
Carbohydrate, total	g	59.80			55.01	110.03	271.24
Crude fiber	g	6.23			5.74	11.47	28.28
Ash	g	3.83			3.52	7.05	17.37
Minerals:							
Calcium	mg	195	15.000	2	179	359	885
Iron	mg	9.35	1.750	2	8.60	17.20	42.41
Magnesium	mg	160	20.000	2	147	294	726
Phosphorus	mg	405	25.000	2	373	745	1,837
Potassium	mg	1,490	70.000	2	1,371	2,742	6,759
Sodium	mg	11	1.800	2	10	21	52
Zinc	mg	2.55	0.050	2	2.35	4.69	11.57
Copper	mg	1.100	0.100	2	1.012	2.024	4.990
Manganese	mg	1.000	0.000	2	0.920	1.840	4.536
Vitamins:							
Ascorbic acid	mg	4.5			4.1	8.3	20.4
Thiamin	mg	0.529			0.487	0.973	2.400
Riboflavin	mg	0.219			0.201	0.403	0.993
Niacin	mg	2.060			1.895	3.790	9.344
Pantothenic acid	mg	0.780			0.718	1.435	3.538
Vitamin B_6	mg	0.397			0.365	0.730	1.801
Folacin	mcg	394.1			362.6	725.2	1,787.7
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	1			1	1	4
	IU	8			7	14	36
Lipids:							
Fatty acids:							
Saturated, total	g	0.036			0.033	0.066	0.163
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.032			0.029	0.059	0.145
18:0	g	0.004			0.004	0.007	0.018
Monounsaturated, total	g	0.019			0.017	0.035	0.086
16:1	g						
18:1	g	0.019			0.017	0.035	0.086
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.138			0.127	0.254	0.626
18:2	g	0.054			0.050	0.099	0.245
18:3	g	0.084			0.077	0.155	0.381
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.289			0.266	0.532	1.311
Threonine	g	1.026			0.944	1.888	4.654
Isoleucine	g	1.076			0.990	1.980	4.881
Leucine	g	1.946			1.790	3.581	8.827
Lysine	g	1.673			1.539	3.078	7.589
Methionine	g	0.367			0.338	0.675	1.665
Cystine	g	0.265			0.244	0.488	1.202
Phenylalanine	g	1.318			1.213	2.425	5.978
Tyrosine	g	0.686			0.631	1.262	3.112
Valine	g	1.275			1.173	2.346	5.783
Arginine	g	1.509			1.388	2.777	6.845
Histidine	g	0.679			0.625	1.249	3.080
Alanine	g	1.022			0.940	1.880	4.636
Aspartic acid	g	2.948			2.712	5.424	13.372
Glutamic acid	g	3.717			3.420	6.839	16.860
Glycine	g	0.952			0.876	1.752	4.318
Proline	g	1.034			0.951	1.903	4.690
Serine	g	1.326			1.220	2.440	6.015

BEANS, KIDNEY, CALIFORNIA RED, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 88 g	1 c = 177 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66.93			58.90	118.47	303.61
Food energy	kcal	124			109	219	561
	kJ	517			455	916	2,347
Protein (N X6.25)	g	9.13			8.04	16.17	41.43
Total lipid (fat)	g	0.09			0.08	0.17	0.43
Carbohydrate, total	g	22.41			19.72	39.66	101.63
Crude fiber	g	2.34			2.06	4.13	10.60
Ash	g	1.44			1.26	2.54	6.51
Minerals:							
Calcium	mg	66			58	116	298
Iron	mg	2.98			2.62	5.27	13.51
Magnesium	mg	48			42	85	218
Phosphorus	mg	137			120	242	619
Potassium	mg	419			368	741	1,899
Sodium	mg	4			4	7	18
Zinc	mg	0.86			0.76	1.52	3.90
Copper	mg	0.289			0.254	0.512	1.311
Manganese	mg	0.318			0.280	0.563	1.442
Vitamins:							
Ascorbic acid	mg	1.2			1.0	2.1	5.4
Thiamin	mg	0.129			0.114	0.228	0.585
Riboflavin	mg	0.062			0.055	0.110	0.281
Niacin	mg	0.540			0.475	0.956	2.449
Pantothenic acid	mg	0.219			0.193	0.388	0.993
Vitamin B_6	mg	0.104			0.092	0.184	0.472
Folacin	mcg	73.8			65.0	130.7	334.9
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	1
	IU	3			2	5	12
Lipids:							
Fatty acids:							
Saturated, total	g	0.014			0.012	0.025	0.064
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.012			0.011	0.021	0.054
18:0	g	0.002			0.002	0.004	0.009
Monounsaturated, total	g	0.007			0.006	0.012	0.032
16:1	g						
18:1	g	0.007			0.006	0.012	0.032
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.052			0.046	0.092	0.236
18:2	g	0.020			0.018	0.035	0.091
18:3	g	0.032			0.028	0.057	0.145
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.108			0.095	0.191	0.490
Threonine	g	0.384			0.338	0.680	1.742
Isoleucine	g	0.403			0.355	0.713	1.828
Leucine	g	0.729			0.642	1.290	3.307
Lysine	g	0.627			0.552	1.110	2.844
Methionine	g	0.137			0.121	0.242	0.621
Cystine	g	0.099			0.087	0.175	0.449
Phenylalanine	g	0.494			0.435	0.874	2.241
Tyrosine	g	0.257			0.226	0.455	1.166
Valine	g	0.478			0.421	0.846	2.168
Arginine	g	0.565			0.497	1.000	2.563
Histidine	g	0.254			0.224	0.450	1.152
Alanine	g	0.383			0.337	0.678	1.737
Aspartic acid	g	1.105			0.972	1.956	5.012
Glutamic acid	g	1.392			1.225	2.464	6.314
Glycine	g	0.356			0.313	0.630	1.615
Proline	g	0.387			0.341	0.685	1.755
Serine	g	0.497			0.437	0.880	2.254

BEANS, KIDNEY, RED, Raw

Phaseolus vulgaris

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 92 g	1 c = 184 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	11.75	0.216	58	10.81	21.62	53.29
Food energy	kcal	337			310	619	1,526
	kJ	1,408			1,295	2,591	6,387
Protein (N X 6.25)	g	22.53	0.225	61	20.73	41.45	102.19
Total lipid (fat)	g	1.06	0.058	65	0.98	1.95	4.81
Carbohydrate, total	g	61.30			56.39	112.78	278.03
Crude fiber.[1]	g	6.19	0.528	14	5.69	11.38	28.06
Ash	g	3.37	0.065	58	3.10	6.20	15.28
Minerals:							
Calcium	mg	83	4.973	50	76	153	376
Iron	mg	6.69	0.243	51	6.16	12.31	30.35
Magnesium	mg	138	4.450	49	127	254	627
Phosphorus	mg	406	11.195	50	374	748	1,843
Potassium	mg	1,359	24.742	51	1,250	2,500	6,163
Sodium	mg	12	2.153	44	11	22	53
Zinc	mg	2.79	0.064	51	2.56	5.12	12.63
Copper	mg	0.699	0.038	50	0.643	1.286	3.171
Manganese	mg	1.111	0.055	48	1.022	2.044	5.039
Vitamins:							
Ascorbic acid	mg	4.5		1	4.1	8.3	20.4
Thiamin	mg	0.608	0.046	48	0.559	1.119	2.758
Riboflavin	mg	0.215	0.008	48	0.198	0.396	0.975
Niacin	mg	2.110	0.108	47	1.941	3.882	9.571
Pantothenic acid	mg	0.780	0.022	32	0.718	1.435	3.538
Vitamin B_6	mg	0.397	0.007	32	0.365	0.730	1.801
Folacin	mcg	394.1	13.422	32	362.6	725.1	1,787.6
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	1	0.108	22	1	1	4
	IU	8	1.083	22	7	14	36
Lipids:							
Fatty acids:							
Saturated, total	g	0.154			0.142	0.283	0.699
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.136			0.125	0.250	0.617
18:0	g	0.018			0.017	0.033	0.082
Monounsaturated, total	g	0.082			0.075	0.151	0.372
16:1	g						
18:1	g	0.082			0.075	0.151	0.372
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.586			0.539	1.078	2.658
18:2	g	0.228			0.210	0.420	1.034
18:3	g	0.358			0.329	0.659	1.624
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.267			0.246	0.491	1.211
Threonine	g	0.948			0.872	1.744	4.300
Isoleucine	g	0.995			0.915	1.831	4.513
Leucine	g	1.799			1.655	3.310	8.160
Lysine	g	1.547			1.423	2.846	7.017
Methionine	g	0.339			0.312	0.624	1.538
Cystine	g	0.245			0.225	0.451	1.111
Phenylalanine	g	1.218			1.121	2.241	5.525
Tyrosine	g	0.634			0.583	1.167	2.876
Valine	g	1.179			1.085	2.169	5.348
Arginine	g	1.395			1.283	2.567	6.328
Histidine	g	0.627			0.577	1.154	2.844
Alanine	g	0.945			0.869	1.739	4.287
Aspartic acid	g	2.725			2.507	5.014	12.361
Glutamic acid	g	3.436			3.161	6.322	15.586
Glycine	g	0.880			0.810	1.619	3.992
Proline	g	0.955			0.879	1.757	4.332
Serine	g	1.226			1.128	2.256	5.561

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 10.4 g per 100 g.

BEANS, KIDNEY, RED, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 88 g	1 c = 177 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66.94	0.208	20	58.90	118.47	303.62
Food energy	kcal	127			112	225	576
	kJ	532			468	941	2,412
Protein (N X6.25)	g	8.67	0.097	23	7.63	15.35	39.35
Total lipid (fat)	g	0.50	0.015	23	0.44	0.88	2.26
Carbohydrate, total	g	22.81			20.07	40.37	103.46
Crude fiber[1]	g	2.81	0.141	15	2.48	4.98	12.76
Ash	g	1.09	0.028	23	0.95	1.92	4.92
Minerals:							
Calcium	mg	28	1.913	30	25	50	129
Iron	mg	2.94	0.180	30	2.58	5.20	13.32
Magnesium	mg	45	0.888	29	40	80	206
Phosphorus	mg	142	5.977	30	125	252	646
Potassium	mg	403	11.701	31	355	713	1,828
Sodium	mg	2	0.419	21	2	4	11
Zinc	mg	1.07	0.029	32	0.94	1.89	4.84
Copper	mg	0.242	0.012	32	0.213	0.428	1.098
Manganese	mg	0.477	0.025	31	0.420	0.844	2.164
Vitamins:							
Ascorbic acid	mg	1.2			1.0	2.1	5.4
Thiamin	mg	0.160	0.017	23	0.141	0.283	0.726
Riboflavin	mg	0.058	0.003	23	0.051	0.103	0.263
Niacin	mg	0.578	0.038	23	0.509	1.023	2.622
Pantothenic acid	mg	0.220	0.006	8	0.194	0.389	0.998
Vitamin B_6	mg	0.120	0.006	8	0.106	0.212	0.544
Folacin	mcg	129.6	3.817	8	114.1	229.4	588.0
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0	0.000	8	0	0	0
	IU	0	0.000	8	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.072			0.063	0.127	0.327
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.064			0.056	0.113	0.290
18:0	g	0.008			0.007	0.014	0.036
Monounsaturated, total	g	0.039			0.034	0.069	0.177
16:1	g						
18:1	g	0.039			0.034	0.069	0.177
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.275			0.242	0.487	1.247
18:2	g	0.107			0.094	0.189	0.485
18:3	g	0.168			0.148	0.297	0.762
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.103			0.091	0.182	0.467
Threonine	g	0.365			0.321	0.646	1.656
Isoleucine	g	0.383			0.337	0.678	1.737
Leucine	g	0.693			0.610	1.227	3.143
Lysine	g	0.595			0.524	1.053	2.699
Methionine	g	0.130			0.114	0.230	0.590
Cystine	g	0.094			0.083	0.166	0.426
Phenylalanine	g	0.469			0.413	0.830	2.127
Tyrosine	g	0.244			0.215	0.432	1.107
Valine	g	0.454			0.400	0.804	2.059
Arginine	g	0.537			0.473	0.950	2.436
Histidine	g	0.242			0.213	0.428	1.098
Alanine	g	0.364			0.320	0.644	1.651
Aspartic acid	g	1.049			0.923	1.857	4.758
Glutamic acid	g	1.323			1.164	2.342	6.001
Glycine	g	0.339			0.298	0.600	1.538
Proline	g	0.368			0.324	0.651	1.669
Serine	g	0.472			0.415	0.835	2.141

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 3.6 g per 100 g.

BEANS, KIDNEY, RED, Canned[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 128 g	1 c = 256 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	77.36		41	99.01	198.03	350.88
Food energy	kcal	85			108	216	383
	kJ	354			453	905	1,604
Protein (N X6.25)	g	5.25		41	6.71	13.43	23.80
Total lipid (fat)	g	0.34		40	0.44	0.88	1.55
Carbohydrate, total	g	15.60			19.96	39.92	70.74
Crude fiber	g	0.93		8	1.19	2.38	4.22
Ash	g	1.46		41	1.87	3.74	6.63
Minerals:							
Calcium	mg	24		41	31	62	109
Iron	mg	1.26		41	1.61	3.22	5.71
Magnesium	mg	28			36	73	129
Phosphorus	mg	94			120	240	426
Potassium	mg	257	17.024	40	329	658	1,166
Sodium	mg	341	6.748	40	437	873	1,547
Zinc	mg	0.55		1	0.70	1.41	2.49
Copper	mg	0.150		1	0.192	0.384	0.680
Manganese	mg	0.242			0.310	0.620	1.098
Vitamins:							
Ascorbic acid	mg	1.1		4	1.5	2.9	5.2
Thiamin	mg	0.105		41	0.134	0.269	0.476
Riboflavin	mg	0.088		43	0.113	0.225	0.399
Niacin	mg	0.456		40	0.584	1.167	2.068
Pantothenic acid	mg	0.150			0.192	0.384	0.680
Vitamin B_6	mg	0.022			0.028	0.056	0.100
Folacin	mcg	50.6			64.7	129.4	229.3
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.050			0.064	0.128	0.227
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.044			0.056	0.113	0.200
18:0	g	0.006			0.008	0.015	0.027
Monounsaturated, total	g	0.027			0.035	0.069	0.122
16:1	g						
18:1	g	0.027			0.035	0.069	0.122
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.189			0.242	0.484	0.857
18:2	g	0.073			0.093	0.187	0.331
18:3	g	0.116			0.148	0.297	0.526
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.062			0.079	0.159	0.281
Threonine	g	0.221			0.283	0.566	1.002
Isoleucine	g	0.232			0.297	0.594	1.052
Leucine	g	0.419			0.536	1.073	1.901
Lysine	g	0.360			0.461	0.922	1.633
Methionine	g	0.079			0.101	0.202	0.358
Cystine	g	0.057			0.073	0.146	0.259
Phenylalanine	g	0.284			0.364	0.727	1.288
Tyrosine	g	0.148			0.189	0.379	0.671
Valine	g	0.274			0.351	0.701	1.243
Arginine	g	0.325			0.416	0.832	1.474
Histidine	g	0.146			0.187	0.374	0.662
Alanine	g	0.220			0.282	0.563	0.998
Aspartic acid	g	0.634			0.812	1.623	2.876
Glutamic acid	g	0.800			1.024	2.048	3.629
Glycine	g	0.205			0.262	0.525	0.930
Proline	g	0.222			0.284	0.568	1.007
Serine	g	0.285			0.365	0.730	1.293

[1]Values based on data for solids and liquid.

BEANS, KIDNEY, ROYAL RED, Raw

Phaseolus vulgaris

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 92 g	1 c = 184 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	11.90		1	10.95	21.90	53.98
Food energy	kcal	329			303	605	1,492
	kJ	1,377			1,267	2,533	6,244
Protein (N X 6.25)	g	25.33	0.809	6	23.30	46.60	114.87
Total lipid (fat)	g	0.45	0.094	8	0.41	0.83	2.04
Carbohydrate, total	g	58.33			53.66	107.32	264.56
Crude fiber	g	6.17			5.68	11.36	28.01
Ash	g	4.00		1	3.68	7.36	18.14
Minerals:							
Calcium	mg	131	9.000	2	121	241	594
Iron	mg	8.70	1.800	2	8.00	16.01	39.46
Magnesium	mg	138			127	254	626
Phosphorus	mg	406			373	746	1,840
Potassium	mg	1,346	26.000	2	1,238	2,477	6,105
Sodium	mg	13		1	12	24	60
Zinc	mg	2.66	0.755	2	2.44	4.89	12.04
Copper	mg	1.000		1	0.920	1.840	4.536
Manganese	mg	1.109			1.020	2.041	5.030
Vitamins:							
Ascorbic acid	mg	4.5			4.1	8.3	20.4
Thiamin	mg	0.390		1	0.359	0.718	1.769
Riboflavin	mg	0.240		1	0.221	0.442	1.089
Niacin	mg	2.106			1.938	3.875	9.553
Pantothenic acid	mg	0.779			0.717	1.433	3.534
Vitamin B_6	mg	0.396			0.364	0.729	1.796
Folacin	mcg	393.4			361.9	723.9	1,784.5
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	1			1	1	4
	IU	8			7	14	36
Lipids:							
Fatty acids:							
Saturated, total	g	0.065			0.060	0.120	0.295
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.058			0.053	0.107	0.263
18:0	g	0.008			0.007	0.015	0.036
Monounsaturated, total	g	0.035			0.032	0.064	0.159
16:1	g						
18:1	g	0.035			0.032	0.064	0.159
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.249			0.229	0.458	1.129
18:2	g	0.097			0.089	0.178	0.440
18:3	g	0.152			0.140	0.280	0.689
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.300			0.276	0.552	1.361
Threonine	g	1.066			0.981	1.961	4.835
Isoleucine	g	1.118			1.029	2.057	5.071
Leucine	g	2.022			1.860	3.720	9.172
Lysine	g	1.738			1.599	3.198	7.884
Methionine	g	0.381			0.351	0.701	1.728
Cystine	g	0.276			0.254	0.508	1.252
Phenylalanine	g	1.370			1.260	2.521	6.214
Tyrosine	g	0.713			0.656	1.312	3.234
Valine	g	1.325			1.219	2.438	6.010
Arginine	g	1.568			1.443	2.885	7.112
Histidine	g	0.705			0.649	1.297	3.198
Alanine	g	1.062			0.977	1.954	4.817
Aspartic acid	g	3.063			2.818	5.636	13.894
Glutamic acid	g	3.862			3.553	7.106	17.518
Glycine	g	0.989			0.910	1.820	4.486
Proline	g	1.074			0.988	1.976	4.872
Serine	g	1.378			1.268	2.536	6.251

BEANS, KIDNEY, ROYAL RED, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 88 g	1 c = 177 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66.99			58.95	118.58	303.88
Food energy	kcal	123			108	218	559
	kJ	516			454	913	2,340
Protein (N X6.25)	g	9.49			8.35	16.79	43.04
Total lipid (fat)	g	0.17			0.15	0.30	0.77
Carbohydrate, total	g	21.85			19.23	38.68	99.12
Crude fiber	g	2.31			2.04	4.09	10.49
Ash	g	1.50			1.32	2.65	6.80
Minerals:							
Calcium	mg	44			39	78	200
Iron	mg	2.77			2.44	4.90	12.57
Magnesium	mg	42			37	74	190
Phosphorus	mg	142			125	251	642
Potassium	mg	378			333	669	1,716
Sodium	mg	5			4	8	21
Zinc	mg	0.90			0.79	1.58	4.06
Copper	mg	0.262			0.231	0.464	1.188
Manganese	mg	0.255			0.224	0.451	1.157
Vitamins:							
Ascorbic acid	mg	1.2			1.0	2.1	5.3
Thiamin	mg	0.095			0.084	0.168	0.431
Riboflavin	mg	0.067			0.059	0.119	0.304
Niacin	mg	0.552			0.486	0.977	2.504
Pantothenic acid	mg	0.219			0.193	0.388	0.993
Vitamin B_6	mg	0.104			0.092	0.184	0.472
Folacin	mcg	73.7			64.9	130.4	334.3
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	1
	IU	3			2	5	12
Lipids:							
Fatty acids:							
Saturated, total	g	0.024			0.021	0.042	0.109
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.022			0.019	0.039	0.100
18:0	g	0.003			0.003	0.005	0.014
Monounsaturated, total	g	0.013			0.011	0.023	0.059
16:1	g						
18:1	g	0.013			0.011	0.023	0.059
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.093			0.082	0.165	0.422
18:2	g	0.036			0.032	0.064	0.163
18:3	g	0.057			0.050	0.101	0.259
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.112			0.099	0.198	0.508
Threonine	g	0.399			0.351	0.706	1.810
Isoleucine	g	0.419			0.369	0.742	1.901
Leucine	g	0.757			0.666	1.340	3.434
Lysine	g	0.651			0.573	1.152	2.953
Methionine	g	0.143			0.126	0.253	0.649
Cystine	g	0.103			0.091	0.182	0.467
Phenylalanine	g	0.513			0.451	0.908	2.327
Tyrosine	g	0.267			0.235	0.473	1.211
Valine	g	0.496			0.436	0.878	2.250
Arginine	g	0.587			0.517	1.039	2.663
Histidine	g	0.264			0.232	0.467	1.198
Alanine	g	0.398			0.350	0.704	1.805
Aspartic acid	g	1.148			1.010	2.032	5.207
Glutamic acid	g	1.447			1.273	2.561	6.564
Glycine	g	0.370			0.326	0.655	1.678
Proline	g	0.402			0.354	0.712	1.823
Serine	g	0.516			0.454	0.913	2.341

BEANS, NAVY, Raw

Phaseolus vulgaris

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 104 g	1 c = 208 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	12.36	0.503	54	12.86	25.71	56.07
Food energy	kcal	335			348	697	1,520
	kJ	1,402			1,458	2,916	6,359
Protein (N X6.25)	g	22.33	0.256	72	23.22	46.44	101.28
Total lipid (fat)	g	1.28	0.063	77	1.34	2.67	5.82
Carbohydrate, total	g	60.65			63.08	126.16	275.12
Crude fiber[1]	g	5.52	0.297	21	5.74	11.48	25.03
Ash	g	3.37	0.047	54	3.51	7.02	15.30
Minerals:							
Calcium	mg	155	5.451	45	161	322	702
Iron	mg	6.44	0.248	40	6.70	13.40	29.21
Magnesium	mg	173	2.098	39	180	359	783
Phosphorus	mg	443	8.348	45	461	921	2,009
Potassium	mg	1,140	38.842	39	1,186	2,372	5,172
Sodium	mg	14	4.112	34	15	29	64
Zinc	mg	2.54	0.084	38	2.64	5.28	11.51
Copper	mg	0.879	0.025	38	0.914	1.828	3.987
Manganese	mg	1.309	0.064	38	1.361	2.723	5.938
Vitamins: [2]							
Ascorbic acid	mg	3.0		1	3.1	6.2	13.6
Thiamin	mg	0.645	0.025	45	0.671	1.342	2.926
Riboflavin	mg	0.232	0.013	45	0.241	0.483	1.052
Niacin	mg	2.063	0.095	45	2.146	4.291	9.358
Pantothenic acid	mg	0.680	0.040	32	0.707	1.414	3.084
Vitamin B_6	mg	0.437	0.006	32	0.454	0.909	1.982
Folacin	mcg	369.7	11.213	32	384.5	769.0	1,677.0
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0		1	0	1	2
	IU	4		1	5	9	20
Lipids:							
Fatty acids:							
Saturated, total	g	0.331			0.344	0.688	1.501
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001			0.001	0.002	0.005
16:0	g	0.310			0.322	0.645	1.406
18:0	g	0.020			0.021	0.042	0.091
Monounsaturated, total	g	0.111			0.115	0.231	0.503
16:1	g						
18:1	g	0.111			0.115	0.231	0.503
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.552			0.574	1.148	2.504
18:2	g	0.301			0.313	0.626	1.365
18:3	g	0.252			0.262	0.524	1.143
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.264			0.275	0.549	1.198
Threonine	g	0.940			0.978	1.955	4.264
Isoleucine	g	0.986			1.025	2.051	4.472
Leucine	g	1.783			1.854	3.709	8.088
Lysine	g	1.533			1.594	3.189	6.954
Methionine	g	0.336			0.349	0.699	1.524
Cystine	g	0.243			0.253	0.505	1.102
Phenylalanine	g	1.208			1.256	2.513	5.479
Tyrosine	g	0.629			0.654	1.308	2.853
Valine	g	1.168			1.215	2.429	5.298
Arginine	g	1.383			1.438	2.877	6.273
Histidine	g	0.622			0.647	1.294	2.821
Alanine	g	0.936			0.973	1.947	4.246
Aspartic acid	g	2.701			2.809	5.618	12.252
Glutamic acid	g	3.405			3.541	7.082	15.445
Glycine	g	0.872			0.907	1.814	3.955
Proline	g	0.947			0.985	1.970	4.296
Serine	g	1.215			1.264	2.527	5.511

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 9.7 g per 100 g.
[2] Alpha-tocopherol = 0.34 mg per 100 g.

BEANS, NAVY, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 91 g	1 c = 182 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	63.18	1.037	20	57.50	114.99	286.60
Food energy	kcal	142			129	259	644
	kJ	594			541	1,082	2,697
Protein (N X6.25)	g	8.70	0.152	20	7.92	15.83	39.46
Total lipid (fat)	g	0.57	0.009	20	0.52	1.04	2.60
Carbohydrate, total	g	26.31			23.95	47.89	119.36
Crude fiber[1]	g	3.14	0.070	12	2.86	5.72	14.26
Ash	g	1.23	0.040	20	1.12	2.24	5.58
Minerals:							
Calcium	mg	70	2.204	27	64	128	318
Iron	mg	2.48	0.077	28	2.25	4.51	11.24
Magnesium	mg	59	1.590	28	53	107	267
Phosphorus	mg	157	3.909	27	143	285	711
Potassium	mg	368	13.350	28	335	669	1,667
Sodium	mg	1	0.116	20	1	2	6
Zinc	mg	1.06	0.028	28	0.97	1.93	4.82
Copper	mg	0.295	0.011	28	0.268	0.537	1.338
Manganese	mg	0.556	0.025	28	0.506	1.012	2.522
Vitamins:							
Ascorbic acid	mg	0.9			0.8	1.6	4.0
Thiamin	mg	0.202	0.010	20	0.184	0.368	0.916
Riboflavin	mg	0.061	0.002	20	0.056	0.111	0.277
Niacin	mg	0.531	0.045	20	0.483	0.966	2.409
Pantothenic acid	mg	0.255	0.010	8	0.232	0.464	1.157
Vitamin B_6	mg	0.164	0.020	9	0.149	0.298	0.744
Folacin	mcg	139.9	6.063	8	127.3	254.6	634.5
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	1
	IU	2			2	3	8
Lipids:							
Fatty acids:							
Saturated, total	g	0.148			0.135	0.269	0.671
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.139			0.126	0.253	0.631
18:0	g	0.009			0.008	0.016	0.041
Monounsaturated, total	g	0.050			0.046	0.091	0.227
16:1	g						
18:1	g	0.050			0.046	0.091	0.227
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.246			0.224	0.448	1.116
18:2	g	0.134			0.122	0.244	0.608
18:3	g	0.112			0.102	0.204	0.508
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.103			0.094	0.187	0.467
Threonine	g	0.366			0.333	0.666	1.660
Isoleucine	g	0.384			0.349	0.699	1.742
Leucine	g	0.695			0.632	1.265	3.153
Lysine	g	0.597			0.543	1.087	2.708
Methionine	g	0.131			0.119	0.238	0.594
Cystine	g	0.095			0.086	0.173	0.431
Phenylalanine	g	0.470			0.428	0.855	2.132
Tyrosine	g	0.245			0.223	0.446	1.111
Valine	g	0.455			0.414	0.828	2.064
Arginine	g	0.539			0.490	0.981	2.445
Histidine	g	0.242			0.220	0.440	1.098
Alanine	g	0.365			0.332	0.664	1.656
Aspartic acid	g	1.052			0.957	1.915	4.772
Glutamic acid	g	1.327			1.208	2.415	6.019
Glycine	g	0.340			0.309	0.619	1.542
Proline	g	0.369			0.336	0.672	1.674
Serine	g	0.473			0.430	0.861	2.146

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 3.6 g per 100 g.

BEANS, NAVY, Canned[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 131 g	1 c = 262 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.45			92.29	184.58	319.57
Food energy	kcal	113			148	296	512
	kJ	473			619	1,238	2,144
Protein (N X6.25)	g	7.53			9.86	19.72	34.15
Total lipid (fat)	g	0.43			0.57	1.13	1.96
Carbohydrate, total	g	20.45			26.79	53.58	92.76
Crude fiber	g	1.86			2.44	4.87	8.44
Ash	g	1.14			1.49	2.98	5.16
Minerals:							
Calcium	mg	47			62	123	213
Iron	mg	1.85			2.42	4.84	8.37
Magnesium	mg	47			61	122	211
Phosphorus	mg	134			176	352	610
Potassium	mg	288			378	755	1,308
Sodium	mg	448			587	1,173	2,032
Zinc	mg	0.77			1.01	2.02	3.49
Copper	mg	0.208			0.272	0.545	0.943
Manganese	mg	0.375			0.491	0.983	1.701
Vitamins:							
Ascorbic acid	mg	0.7			0.9	1.9	3.2
Thiamin	mg	0.141			0.185	0.369	0.640
Riboflavin	mg	0.055			0.072	0.144	0.249
Niacin	mg	0.487			0.638	1.276	2.209
Pantothenic acid	mg	0.172			0.225	0.451	0.780
Vitamin B_6	mg	0.103			0.135	0.270	0.467
Folacin	mcg	62.3			81.7	163.3	282.7
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	1
	IU	1			2	4	6
Lipids:							
Fatty acids:							
Saturated, total	g	0.112			0.147	0.293	0.508
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.105			0.138	0.275	0.476
18:0	g	0.007			0.009	0.018	0.032
Monounsaturated, total	g	0.038			0.050	0.100	0.172
16:1	g						
18:1	g	0.038			0.050	0.100	0.172
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.186			0.244	0.487	0.844
18:2	g	0.101			0.132	0.265	0.458
18:3	g	0.085			0.111	0.223	0.386
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.089			0.117	0.233	0.404
Threonine	g	0.317			0.415	0.831	1.438
Isoleucine	g	0.332			0.435	0.870	1.506
Leucine	g	0.601			0.787	1.575	2.726
Lysine	g	0.517			0.677	1.355	2.345
Methionine	g	0.113			0.148	0.296	0.513
Cystine	g	0.082			0.107	0.215	0.372
Phenylalanine	g	0.407			0.533	1.066	1.846
Tyrosine	g	0.212			0.278	0.555	0.962
Valine	g	0.394			0.516	1.032	1.787
Arginine	g	0.466			0.610	1.221	2.114
Histidine	g	0.209			0.274	0.548	0.948
Alanine	g	0.315			0.413	0.825	1.429
Aspartic acid	g	0.910			1.192	2.384	4.128
Glutamic acid	g	1.147			1.503	3.005	5.203
Glycine	g	0.294			0.385	0.770	1.334
Proline	g	0.319			0.418	0.836	1.447
Serine	g	0.409			0.536	1.072	1.855

[1]Values based on data for solids and liquid.

BEANS, PINK, Raw
Phaseolus vulgaris

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 105 g	1 c = 210 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	10.06	0.381	17	10.56	21.13	45.63
Food energy	kcal	343			361	721	1,558
	kJ	1,437			1,509	3,018	6,518
Protein (N X 6.25)	g	20.96	0.375	20	22.00	44.01	95.06
Total lipid (fat)	g	1.13	0.069	21	1.19	2.38	5.13
Carbohydrate, total	g	64.19			67.40	134.80	291.17
Crude fiber[1]	g	2.90	1.199	2	3.04	6.09	13.15
Ash	g	3.66	0.084	17	3.85	7.69	16.61
Minerals:							
Calcium	mg	130	4.494	14	137	273	590
Iron	mg	6.77	0.405	14	7.11	14.22	30.71
Magnesium	mg	182	4.262	10	191	383	827
Phosphorus	mg	415	23.373	10	436	872	1,883
Potassium	mg	1,464	23.725	14	1,537	3,073	6,638
Sodium	mg	8	1.280	6	8	16	36
Zinc	mg	2.55	0.137	20	2.68	5.36	11.58
Copper	mg	0.810	0.046	16	0.851	1.701	3.674
Manganese	mg	1.376	0.086	10	1.445	2.890	6.242
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.772	0.039	14	0.811	1.621	3.502
Riboflavin	mg	0.192	0.013	13	0.202	0.403	0.871
Niacin	mg	1.892	0.053	10	1.987	3.973	8.582
Pantothenic acid	mg	0.997	0.018	8	1.047	2.094	4.522
Vitamin B_6	mg	0.527	0.024	8	0.553	1.107	2.390
Folacin	mcg	463.2	32.276	9	486.3	972.6	2,100.9
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.292			0.307	0.613	1.325
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001			0.001	0.002	0.005
16:0	g	0.274			0.288	0.575	1.243
18:0	g	0.018			0.019	0.038	0.082
Monounsaturated, total	g	0.098			0.103	0.206	0.445
16:1	g						
18:1	g	0.098			0.103	0.206	0.445
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.487			0.511	1.023	2.209
18:2	g	0.265			0.278	0.557	1.202
18:3	g	0.222			0.233	0.466	1.007
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.248			0.260	0.521	1.125
Threonine	g	0.882			0.926	1.852	4.001
Isoleucine	g	0.925			0.971	1.943	4.196
Leucine	g	1.673			1.757	3.513	7.589
Lysine	g	1.438			1.510	3.020	6.523
Methionine	g	0.315			0.331	0.662	1.429
Cystine	g	0.228			0.239	0.479	1.034
Phenylalanine	g	1.133			1.190	2.379	5.139
Tyrosine	g	0.590			0.620	1.239	2.676
Valine	g	1.096			1.151	2.302	4.971
Arginine	g	1.298			1.363	2.726	5.888
Histidine	g	0.583			0.612	1.224	2.644
Alanine	g	0.878			0.922	1.844	3.983
Aspartic acid	g	2.535			2.662	5.324	11.499
Glutamic acid	g	3.195			3.355	6.710	14.493
Glycine	g	0.818			0.859	1.718	3.710
Proline	g	0.889			0.933	1.867	4.033
Serine	g	1.140			1.197	2.394	5.171

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 8.9 g per 100 g.

BEANS, PINK, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 84 g	1 c = 169 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61.20	0.534	8	51.41	103.43	277.60
Food energy	kcal	149			125	252	676
	kJ	624			524	1,054	2,830
Protein (N X 6.25)	g	9.06	0.170	9	7.61	15.30	41.08
Total lipid (fat)	g	0.49	0.035	9	0.41	0.83	2.22
Carbohydrate, total	g	27.91			23.45	47.17	126.60
Crude fiber.[1]	g	1.60		1	1.34	2.70	7.26
Ash	g	1.34	0.063	9	1.13	2.27	6.10
Minerals:							
Calcium	mg	52	2.571	9	44	88	235
Iron	mg	2.30	0.119	9	1.93	3.89	10.44
Magnesium	mg	65	1.697	9	55	110	295
Phosphorus	mg	165	7.032	9	139	279	749
Potassium	mg	508	15.005	9	427	858	2,304
Sodium	mg	2	0.326	5	2	3	8
Zinc	mg	0.96	0.041	15	0.81	1.63	4.36
Copper	mg	0.271	0.015	15	0.228	0.458	1.229
Manganese	mg	0.548	0.023	9	0.460	0.926	2.486
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.257	0.006	9	0.216	0.434	1.166
Riboflavin	mg	0.063	0.006	9	0.053	0.106	0.286
Niacin	mg	0.570	0.036	9	0.479	0.963	2.586
Pantothenic acid	mg	0.299	0.014	8	0.251	0.505	1.356
Vitamin B_6	mg	0.175	0.004	8	0.147	0.296	0.794
Folacin	mcg	168.3	13.161	8	141.3	284.3	763.2
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.126			0.106	0.213	0.572
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.118			0.099	0.199	0.535
18:0	g	0.008			0.007	0.014	0.036
Monounsaturated, total	g	0.042			0.035	0.071	0.191
16:1	g						
18:1	g	0.042			0.035	0.071	0.191
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.210			0.176	0.355	0.953
18:2	g	0.114			0.096	0.193	0.517
18:3	g	0.096			0.081	0.162	0.435
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.107			0.090	0.181	0.485
Threonine	g	0.381			0.320	0.644	1.728
Isoleucine	g	0.400			0.336	0.676	1.814
Leucine	g	0.723			0.607	1.222	3.280
Lysine	g	0.622			0.522	1.051	2.821
Methionine	g	0.136			0.114	0.230	0.617
Cystine	g	0.099			0.083	0.167	0.449
Phenylalanine	g	0.490			0.412	0.828	2.223
Tyrosine	g	0.255			0.214	0.431	1.157
Valine	g	0.474			0.398	0.801	2.150
Arginine	g	0.561			0.471	0.948	2.545
Histidine	g	0.252			0.212	0.426	1.143
Alanine	g	0.380			0.319	0.642	1.724
Aspartic acid	g	1.095			0.920	1.851	4.967
Glutamic acid	g	1.381			1.160	2.334	6.264
Glycine	g	0.354			0.297	0.598	1.606
Proline	g	0.384			0.323	0.649	1.742
Serine	g	0.493			0.414	0.833	2.236

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 4.4 g per 100 g.

BEANS, PINTO, Raw

Phaseolus vulgaris

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 96 g	1 c = 193 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	10.95	0.273	67	10.51	21.13	49.66
Food energy	kcal	340			326	656	1,542
	kJ	1,422			1,366	2,745	6,452
Protein (N X6.25)	g	20.88	0.218	67	20.05	40.31	94.73
Total lipid (fat)	g	1.13	0.058	67	1.08	2.17	5.10
Carbohydrate, total	g	63.41			60.88	122.39	287.64
Crude fiber[1]	g	6.01	0.271	15	5.77	11.59	27.24
Ash	g	3.63	0.063	64	3.48	7.01	16.47
Minerals:							
Calcium	mg	121	4.477	57	116	233	547
Iron	mg	5.88	0.202	58	5.64	11.34	26.66
Magnesium	mg	159	4.351	55	152	306	720
Phosphorus	mg	418	20.292	46	401	806	1,895
Potassium	mg	1,328	20.242	48	1,275	2,563	6,023
Sodium	mg	10	1.927	41	10	19	45
Zinc	mg	2.54	0.065	49	2.43	4.89	11.50
Copper	mg	0.774	0.035	46	0.743	1.494	3.511
Manganese	mg	1.130	0.061	45	1.085	2.181	5.126
Vitamins:							
Ascorbic acid	mg	7.3		1	7.0	14.1	33.1
Thiamin	mg	0.555	0.030	47	0.533	1.071	2.517
Riboflavin	mg	0.238	0.012	47	0.228	0.459	1.080
Niacin	mg	1.446	0.057	45	1.388	2.791	6.559
Pantothenic acid	mg	0.763	0.016	32	0.732	1.473	3.461
Vitamin B_6	mg	0.443	0.011	32	0.425	0.855	2.009
Folacin	mcg	506.3	19.135	32	486.1	977.2	2,296.6
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	1		1	1	1	2
	IU	5		1	5	10	24
Lipids:							
Fatty acids:							
Saturated, total	g	0.235			0.226	0.454	1.066
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001			0.001	0.002	0.005
16:0	g	0.229			0.220	0.442	1.039
18:0	g	0.005			0.005	0.010	0.023
Monounsaturated, total	g	0.229			0.220	0.442	1.039
16:1	g						
18:1	g	0.229			0.220	0.442	1.039
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.407			0.391	0.786	1.846
18:2	g	0.170			0.163	0.328	0.771
18:3	g	0.237			0.228	0.457	1.075
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.247			0.237	0.477	1.120
Threonine	g	0.879			0.844	1.696	3.987
Isoleucine	g	0.922			0.885	1.779	4.182
Leucine	g	1.667			1.600	3.217	7.562
Lysine	g	1.433			1.376	2.766	6.500
Methionine	g	0.314			0.301	0.606	1.424
Cystine	g	0.227			0.218	0.438	1.030
Phenylalanine	g	1.129			1.084	2.179	5.121
Tyrosine	g	0.588			0.564	1.135	2.667
Valine	g	1.093			1.049	2.109	4.958
Arginine	g	1.293			1.241	2.495	5.865
Histidine	g	0.581			0.558	1.121	2.635
Alanine	g	0.875			0.840	1.689	3.969
Aspartic acid	g	2.526			2.425	4.875	11.458
Glutamic acid	g	3.184			3.057	6.145	14.443
Glycine	g	0.815			0.782	1.573	3.697
Proline	g	0.885			0.850	1.708	4.014
Serine	g	1.136			1.091	2.192	5.153

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 12.0 g per 100 g.

BEANS, PINTO, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 85 g	1 c = 171 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64.27	0.610	20	54.63	109.90	291.52
Food energy	kcal	137			117	235	622
	kJ	574			488	982	2,604
Protein (N X6.25)	g	8.21	0.167	20	6.98	14.04	37.25
Total lipid (fat)	g	0.52	0.014	20	0.44	0.89	2.35
Carbohydrate, total	g	25.65			21.80	43.86	116.34
Crude fiber[1]	g	3.02	0.108	12	2.56	5.16	13.69
Ash	g	1.35	0.031	20	1.15	2.32	6.14
Minerals:							
Calcium	mg	48	1.077	27	41	82	217
Iron	mg	2.61	0.128	28	2.22	4.47	11.86
Magnesium	mg	55	1.535	28	47	95	251
Phosphorus	mg	160	9.183	27	136	273	725
Potassium	mg	468	20.061	28	398	800	2,123
Sodium	mg	2	0.175	20	1	3	7
Zinc	mg	1.08	0.045	29	0.92	1.85	4.90
Copper	mg	0.257	0.014	29	0.218	0.439	1.166
Manganese	mg	0.556	0.037	28	0.473	0.951	2.522
Vitamins:							
Ascorbic acid	mg	2.1			1.7	3.5	9.3
Thiamin	mg	0.186	0.012	20	0.158	0.318	0.844
Riboflavin	mg	0.091	0.007	20	0.077	0.156	0.413
Niacin	mg	0.400	0.018	20	0.340	0.684	1.814
Pantothenic acid	mg	0.285	0.014	8	0.242	0.487	1.293
Vitamin B_6	mg	0.155	0.007	8	0.132	0.265	0.703
Folacin	mcg	172.0	7.341	8	146.2	294.1	780.2
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	1
	IU	2			2	3	9
Lipids:							
Fatty acids:							
Saturated, total	g	0.109			0.093	0.186	0.494
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.106			0.090	0.181	0.481
18:0	g	0.002			0.002	0.003	0.009
Monounsaturated, total	g	0.106			0.090	0.181	0.481
16:1	g						
18:1	g	0.106			0.090	0.181	0.481
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.188			0.160	0.321	0.853
18:2	g	0.078			0.066	0.133	0.354
18:3	g	0.109			0.093	0.186	0.494
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.097			0.082	0.166	0.440
Threonine	g	0.346			0.294	0.592	1.569
Isoleucine	g	0.363			0.309	0.621	1.647
Leucine	g	0.656			0.558	1.122	2.976
Lysine	g	0.564			0.479	0.964	2.558
Methionine	g	0.124			0.105	0.212	0.562
Cystine	g	0.089			0.076	0.152	0.404
Phenylalanine	g	0.444			0.377	0.759	2.014
Tyrosine	g	0.231			0.196	0.395	1.048
Valine	g	0.430			0.366	0.735	1.950
Arginine	g	0.509			0.433	0.870	2.309
Histidine	g	0.229			0.195	0.392	1.039
Alanine	g	0.344			0.292	0.588	1.560
Aspartic acid	g	0.993			0.844	1.698	4.504
Glutamic acid	g	1.252			1.064	2.141	5.679
Glycine	g	0.321			0.273	0.549	1.456
Proline	g	0.348			0.296	0.595	1.579
Serine	g	0.447			0.380	0.764	2.028

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 4.0 g per 100 g.

BEANS, PINTO, Canned[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 120 g	1 c = 240 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	78.81		6	94.57	189.14	357.48
Food energy	kcal	78			93	186	352
	kJ	325			390	780	1,475
Protein (N X6.25)	g	4.56		6	5.48	10.95	20.70
Total lipid (fat)	g	0.32		5	0.38	0.76	1.43
Carbohydrate, total	g	14.56			17.47	34.93	66.02
Crude fiber	g	1.26		2	1.51	3.02	5.72
Ash	g	1.76		6	2.11	4.22	7.97
Minerals:							
Calcium	mg	37		6	44	89	168
Iron	mg	1.61		7	1.93	3.85	7.28
Magnesium	mg	27	0.300	2	32	64	121
Phosphorus	mg	92	5.500	2	110	220	415
Potassium	mg	301	18.095	3	362	723	1,367
Sodium	mg	416	47.670	3	499	998	1,885
Zinc	mg	0.69		1	0.83	1.66	3.13
Copper	mg	0.140		1	0.168	0.336	0.635
Manganese	mg	0.229			0.275	0.550	1.039
Vitamins:							
Ascorbic acid	mg	0.7		4	0.9	1.7	3.3
Thiamin	mg	0.101		6	0.121	0.242	0.458
Riboflavin	mg	0.063		8	0.076	0.151	0.286
Niacin	mg	0.292		6	0.350	0.701	1.325
Pantothenic acid	mg	0.136			0.163	0.326	0.617
Vitamin B_6	mg	0.074			0.089	0.178	0.336
Folacin	mcg	60.2			72.3	144.6	273.3
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	1
	IU	1			1	3	5
Lipids:							
Fatty acids:							
Saturated, total	g	0.066			0.079	0.158	0.299
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.064			0.077	0.154	0.290
18:0	g	0.001			0.001	0.002	0.005
Monounsaturated, total	g	0.064			0.077	0.154	0.290
16:1	g						
18:1	g	0.064			0.077	0.154	0.290
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.114			0.137	0.274	0.517
18:2	g	0.048			0.058	0.115	0.218
18:3	g	0.066			0.079	0.158	0.299
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.054			0.065	0.130	0.245
Threonine	g	0.192			0.230	0.461	0.871
Isoleucine	g	0.201			0.241	0.482	0.912
Leucine	g	0.364			0.437	0.874	1.651
Lysine	g	0.313			0.376	0.751	1.420
Methionine	g	0.069			0.083	0.166	0.313
Cystine	g	0.050			0.060	0.120	0.227
Phenylalanine	g	0.247			0.296	0.593	1.120
Tyrosine	g	0.128			0.154	0.307	0.581
Valine	g	0.239			0.287	0.574	1.084
Arginine	g	0.283			0.340	0.679	1.284
Histidine	g	0.127			0.152	0.305	0.576
Alanine	g	0.191			0.229	0.458	0.866
Aspartic acid	g	0.552			0.662	1.325	2.504
Glutamic acid	g	0.696			0.835	1.670	3.157
Glycine	g	0.178			0.214	0.427	0.807
Proline	g	0.193			0.232	0.463	0.875
Serine	g	0.248			0.298	0.595	1.125

[1]Values based on data for solids and liquid.

BEANS, SMALL WHITE, Raw

Phaseolus vulgaris

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 108 g	1 c = 215 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	11.71	0.346	15	12.64	25.17	53.10
Food energy	kcal	336			363	723	1,526
	kJ	1,408			1,520	3,027	6,386
Protein (N X6.25)	g	21.11	0.723	18	22.80	45.38	95.74
Total lipid (fat)	g	1.18	0.124	19	1.27	2.53	5.35
Carbohydrate, total	g	62.25			67.23	133.85	282.38
Crude fiber[1]	g	2.70		1	2.92	5.81	12.25
Ash	g	3.75	0.075	15	4.05	8.07	17.02
Minerals:							
Calcium	mg	173	9.073	14	187	373	787
Iron	mg	7.73	0.590	14	8.35	16.62	35.06
Magnesium	mg	183	5.584	12	197	393	828
Phosphorus	mg	445	28.283	12	481	958	2,020
Potassium	mg	1,542	45.578	14	1,666	3,316	6,996
Sodium	mg	12	2.993	8	13	26	54
Zinc	mg	2.81	0.120	14	3.03	6.03	12.73
Copper	mg	0.635	0.070	12	0.686	1.365	2.880
Manganese	mg	1.278	0.032	12	1.380	2.748	5.797
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.743	0.034	15	0.802	1.597	3.370
Riboflavin	mg	0.207	0.019	15	0.224	0.445	0.939
Niacin	mg	1.342	0.108	13	1.449	2.885	6.087
Pantothenic acid	mg	0.729	0.017	12	0.787	1.567	3.307
Vitamin B_6	mg	0.439	0.013	12	0.474	0.944	1.991
Folacin	mcg	386.1	18.131	12	417.0	830.1	1,751.3
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.304			0.328	0.654	1.379
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001			0.001	0.002	0.005
16:0	g	0.285			0.308	0.613	1.293
18:0	g	0.018			0.019	0.039	0.082
Monounsaturated, total	g	0.102			0.110	0.219	0.463
16:1	g						
18:1	g	0.102			0.110	0.219	0.463
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.507			0.548	1.090	2.300
18:2	g	0.276			0.298	0.593	1.252
18:3	g	0.231			0.249	0.497	1.048
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.250			0.270	0.538	1.134
Threonine	g	0.888			0.959	1.909	4.028
Isoleucine	g	0.932			1.007	2.004	4.228
Leucine	g	1.685			1.820	3.623	7.643
Lysine	g	1.449			1.565	3.115	6.573
Methionine	g	0.317			0.342	0.682	1.438
Cystine	g	0.230			0.248	0.495	1.043
Phenylalanine	g	1.141			1.232	2.453	5.176
Tyrosine	g	0.594			0.642	1.277	2.694
Valine	g	1.104			1.192	2.374	5.008
Arginine	g	1.307			1.412	2.810	5.929
Histidine	g	0.588			0.635	1.264	2.667
Alanine	g	0.885			0.956	1.903	4.014
Aspartic acid	g	2.553			2.757	5.489	11.580
Glutamic acid	g	3.218			3.475	6.919	14.597
Glycine	g	0.824			0.890	1.772	3.738
Proline	g	0.895			0.967	1.924	4.060
Serine	g	1.148			1.240	2.468	5.207

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 10.3 g per 100 g.

BEANS, SMALL WHITE, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 90 g	1 c = 179 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	63.24	0.349	8	56.91	113.19	286.84
Food energy	kcal	142			127	253	642
	kJ	592			533	1,060	2,686
Protein (N X6.25)	g	8.97	0.280	9	8.07	16.05	40.68
Total lipid (fat)	g	0.64	0.031	9	0.58	1.15	2.91
Carbohydrate, total	g	25.81			23.23	46.20	117.07
Crude fiber[1]	g	2.40		1	2.16	4.30	10.89
Ash	g	1.34	0.047	9	1.21	2.41	6.10
Minerals:							
Calcium	mg	73	4.819	9	66	131	333
Iron	mg	2.84	0.154	9	2.56	5.09	12.90
Magnesium	mg	68	2.912	8	61	122	309
Phosphorus	mg	169	12.584	9	152	302	765
Potassium	mg	463	18.280	9	416	828	2,099
Sodium	mg	2	0.542	5	2	4	9
Zinc	mg	1.09	0.047	9	0.98	1.96	4.96
Copper	mg	0.149	0.019	9	0.134	0.267	0.676
Manganese	mg	0.510	0.025	9	0.459	0.913	2.313
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.236	0.011	9	0.212	0.422	1.070
Riboflavin	mg	0.059	0.006	9	0.053	0.106	0.268
Niacin	mg	0.272	0.015	9	0.245	0.487	1.234
Pantothenic acid	mg	0.251	0.008	8	0.226	0.449	1.139
Vitamin B_6	mg	0.127	0.007	8	0.114	0.227	0.576
Folacin	mcg	136.9	7.607	8	123.2	245.0	620.9
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.166			0.149	0.297	0.753
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.155			0.140	0.277	0.703
18:0	g	0.010			0.009	0.018	0.045
Monounsaturated, total	g	0.056			0.050	0.100	0.254
16:1	g						
18:1	g	0.056			0.050	0.100	0.254
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.276			0.248	0.494	1.252
18:2	g	0.150			0.135	0.269	0.680
18:3	g	0.126			0.113	0.226	0.572
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.106			0.095	0.190	0.481
Threonine	g	0.377			0.339	0.675	1.710
Isoleucine	g	0.396			0.356	0.709	1.796
Leucine	g	0.716			0.644	1.282	3.248
Lysine	g	0.616			0.554	1.103	2.794
Methionine	g	0.135			0.122	0.242	0.612
Cystine	g	0.098			0.088	0.175	0.445
Phenylalanine	g	0.485			0.437	0.868	2.200
Tyrosine	g	0.253			0.228	0.453	1.148
Valine	g	0.469			0.422	0.840	2.127
Arginine	g	0.555			0.500	0.993	2.517
Histidine	g	0.250			0.225	0.448	1.134
Alanine	g	0.376			0.338	0.673	1.706
Aspartic acid	g	1.085			0.977	1.942	4.922
Glutamic acid	g	1.368			1.231	2.449	6.205
Glycine	g	0.350			0.315	0.627	1.588
Proline	g	0.380			0.342	0.680	1.724
Serine	g	0.488			0.439	0.874	2.214

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 4.4 g per 100 g.

BEANS, YELLOW, Raw
Phaseolus vulgaris

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 98 g	1 c = 196 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	11.10		1	10.88	21.76	50.35
Food energy	kcal	345			338	676	1,566
	kJ	1,444			1,415	2,830	6,550
Protein (N X6.25)	g	22.00		1	21.56	43.12	99.79
Total lipid (fat)	g	2.60		1	2.55	5.10	11.79
Carbohydrate, total	g	60.70			59.49	118.97	275.34
Crude fiber	g	2.72			2.66	5.33	12.33
Ash	g	3.60		1	3.53	7.06	16.33
Minerals:							
Calcium	mg	166		1	163	325	753
Iron	mg	7.01		1	6.87	13.74	31.80
Magnesium	mg	222		1	218	435	1,007
Phosphorus	mg	488		1	478	956	2,214
Potassium	mg	1,042		1	1,021	2,042	4,727
Sodium	mg	12			12	24	55
Zinc	mg	2.83			2.77	5.54	12.81
Copper	mg	0.639			0.626	1.252	2.899
Manganese	mg	1.286			1.260	2.521	5.833
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.690		1	0.676	1.352	3.130
Riboflavin	mg	0.330		1	0.323	0.647	1.497
Niacin	mg	2.430		1	2.381	4.763	11.022
Pantothenic acid	mg	0.734			0.719	1.439	3.329
Vitamin B_6	mg	0.442			0.433	0.866	2.005
Folacin	mcg	388.7			381.0	761.9	1,763.3
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	1		1	1	1	3
	IU	6		1	5	11	25
Lipids:							
Fatty acids:							
Saturated, total	g	0.671			0.658	1.315	3.044
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002			0.002	0.004	0.009
16:0	g	0.629			0.616	1.233	2.853
18:0	g	0.040			0.039	0.078	0.181
Monounsaturated, total	g	0.226			0.221	0.443	1.025
16:1	g						
18:1	g	0.226			0.221	0.443	1.025
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.118			1.096	2.191	5.071
18:2	g	0.609			0.597	1.194	2.762
18:3	g	0.510			0.500	1.000	2.313
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.260			0.255	0.510	1.179
Threonine	g	0.926			0.907	1.815	4.200
Isoleucine	g	0.972			0.953	1.905	4.409
Leucine	g	1.756			1.721	3.442	7.965
Lysine	g	1.510			1.480	2.960	6.849
Methionine	g	0.331			0.324	0.649	1.501
Cystine	g	0.239			0.234	0.468	1.084
Phenylalanine	g	1.190			1.166	2.332	5.398
Tyrosine	g	0.620			0.608	1.215	2.812
Valine	g	1.151			1.128	2.256	5.221
Arginine	g	1.362			1.335	2.670	6.178
Histidine	g	0.612			0.600	1.200	2.776
Alanine	g	0.922			0.904	1.807	4.182
Aspartic acid	g	2.661			2.608	5.216	12.070
Glutamic acid	g	3.355			3.288	6.576	15.218
Glycine	g	0.859			0.842	1.684	3.896
Proline	g	0.933			0.914	1.829	4.232
Serine	g	1.197			1.173	2.346	5.430

BEANS, YELLOW, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 88 g	1 c = 177 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	62.98			55.43	111.48	285.70
Food energy	kcal	144			126	254	652
	kJ	601			529	1,064	2,727
Protein (N X 6.25)	g	9.16			8.06	16.21	41.55
Total lipid (fat)	g	1.08			0.95	1.92	4.91
Carbohydrate, total	g	25.27			22.24	44.73	114.64
Crude fiber	g	1.13			1.00	2.00	5.13
Ash	g	1.50			1.32	2.65	6.80
Minerals:							
Calcium	mg	62			55	110	282
Iron	mg	2.48			2.18	4.39	11.25
Magnesium	mg	74			65	131	335
Phosphorus	mg	183			161	324	830
Potassium	mg	325			286	576	1,476
Sodium	mg	5			4	8	22
Zinc	mg	1.06			0.93	1.87	4.80
Copper	mg	0.186			0.164	0.329	0.844
Manganese	mg	0.455			0.400	0.805	2.064
Vitamins:							
Ascorbic acid	mg	1.8			1.6	3.2	8.3
Thiamin	mg	0.187			0.165	0.331	0.848
Riboflavin	mg	0.103			0.091	0.182	0.467
Niacin	mg	0.708			0.623	1.253	3.211
Pantothenic acid	mg	0.229			0.202	0.405	1.039
Vitamin B_6	mg	0.129			0.114	0.228	0.585
Folacin	mcg	80.9			71.2	143.2	367.1
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	1
	IU	2			2	4	9
Lipids:							
Fatty acids:							
Saturated, total	g	0.279			0.246	0.494	1.266
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001			0.001	0.002	0.005
16:0	g	0.262			0.231	0.464	1.188
18:0	g	0.017			0.015	0.030	0.077
Monounsaturated, total	g	0.094			0.083	0.166	0.426
16:1	g						
18:1	g	0.094			0.083	0.166	0.426
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.466			0.410	0.825	2.114
18:2	g	0.253			0.223	0.448	1.148
18:3	g	0.212			0.187	0.375	0.962
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.108			0.095	0.191	0.490
Threonine	g	0.386			0.340	0.683	1.751
Isoleucine	g	0.405			0.356	0.717	1.837
Leucine	g	0.732			0.644	1.296	3.320
Lysine	g	0.629			0.554	1.113	2.853
Methionine	g	0.138			0.121	0.244	0.626
Cystine	g	0.100			0.088	0.177	0.454
Phenylalanine	g	0.496			0.436	0.878	2.250
Tyrosine	g	0.258			0.227	0.457	1.170
Valine	g	0.479			0.422	0.848	2.173
Arginine	g	0.567			0.499	1.004	2.572
Histidine	g	0.255			0.224	0.451	1.157
Alanine	g	0.384			0.338	0.680	1.742
Aspartic acid	g	1.108			0.975	1.961	5.026
Glutamic acid	g	1.397			1.229	2.473	6.337
Glycine	g	0.358			0.315	0.634	1.624
Proline	g	0.388			0.341	0.687	1.760
Serine	g	0.498			0.438	0.881	2.259

BEANS, WHITE, Raw
Phaseolus vulgaris

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 101 g	1 c = 202 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	11.32	0.245	9	11.44	22.87	51.36
Food energy	kcal	333			337	674	1,513
	kJ	1,395			1,409	2,818	6,329
Protein (N X 6.25)	g	23.36	0.346	12	23.59	47.19	105.96
Total lipid (fat)	g	0.85	0.266	10	0.86	1.71	3.84
Carbohydrate, total	g	60.27			60.88	121.75	273.40
Crude fiber	g	5.98	1.725	2	6.03	12.07	27.10
Ash	g	4.20	0.055	6	4.24	8.48	19.04
Minerals:							
Calcium	mg	240	47.497	5	243	486	1,091
Iron	mg	10.44	0.482	5	10.54	21.09	47.36
Magnesium	mg	190		3	192	384	862
Phosphorus	mg	301		3	304	608	1,365
Potassium	mg	1,795	253.466	5	1,813	3,626	8,143
Sodium	mg	16		1	16	32	71
Zinc	mg	3.67	0.291	5	3.71	7.42	16.67
Copper	mg	0.984		3	0.994	1.988	4.463
Manganese	mg	1.796		3	1.814	3.628	8.147
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.437	0.174	6	0.441	0.883	1.982
Riboflavin	mg	0.146	0.056	6	0.147	0.295	0.662
Niacin	mg	0.479	0.291	4	0.484	0.968	2.173
Pantothenic acid	mg	0.732			0.739	1.479	3.320
Vitamin B_6	mg	0.318		1	0.321	0.642	1.442
Folacin	mcg	387.8			391.6	783.3	1,758.9
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.219			0.221	0.442	0.993
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001			0.001	0.002	0.005
16:0	g	0.205			0.207	0.414	0.930
18:0	g	0.013			0.013	0.026	0.059
Monounsaturated, total	g	0.074			0.075	0.149	0.336
16:1	g						
18:1	g	0.074			0.075	0.149	0.336
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.364			0.368	0.735	1.651
18:2	g	0.198			0.200	0.400	0.898
18:3	g	0.166			0.168	0.335	0.753
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.277			0.280	0.560	1.256
Threonine	g	0.983			0.993	1.986	4.459
Isoleucine	g	1.031			1.041	2.083	4.677
Leucine	g	1.865			1.884	3.767	8.460
Lysine	g	1.603			1.619	3.238	7.271
Methionine	g	0.351			0.355	0.709	1.592
Cystine	g	0.254			0.257	0.513	1.152
Phenylalanine	g	1.263			1.276	2.551	5.729
Tyrosine	g	0.658			0.665	1.329	2.985
Valine	g	1.222			1.234	2.468	5.543
Arginine	g	1.446			1.460	2.921	6.559
Histidine	g	0.650			0.657	1.313	2.948
Alanine	g	0.979			0.989	1.978	4.441
Aspartic acid	g	2.825			2.853	5.707	12.814
Glutamic acid	g	3.561			3.597	7.193	16.153
Glycine	g	0.912			0.921	1.842	4.137
Proline	g	0.990			1.000	2.000	4.491
Serine	g	1.271			1.284	2.567	5.765

BEANS, WHITE, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 90 g	1 c = 179 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	63.08			56.77	112.91	286.12
Food energy	kcal	139			125	249	630
	kJ	581			523	1,040	2,635
Protein (N X 6.25)	g	9.73			8.75	17.41	44.12
Total lipid (fat)	g	0.35			0.32	0.63	1.60
Carbohydrate, total	g	25.10			22.59	44.92	113.84
Crude fiber	g	2.49			2.24	4.45	11.29
Ash	g	1.75			1.57	3.13	7.93
Minerals:							
Calcium	mg	90			81	161	409
Iron	mg	3.70			3.33	6.61	16.76
Magnesium	mg	63			57	113	287
Phosphorus	mg	113			102	202	512
Potassium	mg	561			505	1,003	2,543
Sodium	mg	6			6	11	28
Zinc	mg	1.38			1.24	2.46	6.25
Copper	mg	0.287			0.258	0.514	1.302
Manganese	mg	0.636			0.572	1.138	2.885
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.118			0.106	0.211	0.535
Riboflavin	mg	0.046			0.041	0.082	0.209
Niacin	mg	0.140			0.126	0.251	0.635
Pantothenic acid	mg	0.229			0.206	0.410	1.039
Vitamin B_6	mg	0.093			0.084	0.166	0.422
Folacin	mcg	80.7			72.7	144.5	366.2
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.091			0.082	0.163	0.413
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.085			0.077	0.152	0.386
18:0	g	0.005			0.005	0.009	0.023
Monounsaturated, total	g	0.031			0.028	0.055	0.141
16:1	g						
18:1	g	0.031			0.028	0.055	0.141
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.152			0.137	0.272	0.689
18:2	g	0.083			0.075	0.149	0.376
18:3	g	0.069			0.062	0.124	0.313
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.115			0.104	0.206	0.522
Threonine	g	0.409			0.368	0.732	1.855
Isoleucine	g	0.429			0.386	0.768	1.946
Leucine	g	0.776			0.698	1.389	3.520
Lysine	g	0.668			0.601	1.196	3.030
Methionine	g	0.146			0.131	0.261	0.662
Cystine	g	0.106			0.095	0.190	0.481
Phenylalanine	g	0.526			0.473	0.942	2.386
Tyrosine	g	0.274			0.247	0.490	1.243
Valine	g	0.509			0.458	0.911	2.309
Arginine	g	0.602			0.542	1.078	2.731
Histidine	g	0.271			0.244	0.485	1.229
Alanine	g	0.408			0.367	0.730	1.851
Aspartic acid	g	1.176			1.058	2.105	5.334
Glutamic acid	g	1.483			1.335	2.655	6.727
Glycine	g	0.380			0.342	0.680	1.724
Proline	g	0.412			0.371	0.737	1.869
Serine	g	0.529			0.476	0.947	2.400

BEANS, WHITE, Canned[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 131 g	1 c = 262 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.10		1	91.83	183.66	317.97
Food energy	kcal	117			153	306	530
	kJ	489			641	1,281	2,218
Protein (N X 6.25)	g	7.26		1	9.51	19.01	32.91
Total lipid (fat)	g	0.29			0.37	0.75	1.30
Carbohydrate, total	g	21.94			28.74	57.49	99.53
Crude fiber	g	0.69		1	0.90	1.80	3.12
Ash	g	0.42			0.54	1.09	1.89
Minerals:							
Calcium	mg	73			96	191	331
Iron	mg	2.99			3.92	7.84	13.57
Magnesium	mg	51			67	134	232
Phosphorus	mg	91			120	239	414
Potassium	mg	454			595	1,189	2,059
Sodium	mg	5			7	13	23
Zinc	mg	1.12			1.46	2.92	5.06
Copper	mg	0.232			0.304	0.608	1.052
Manganese	mg	0.515			0.675	1.349	2.336
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.096			0.126	0.252	0.435
Riboflavin	mg	0.037			0.048	0.097	0.168
Niacin	mg	0.113			0.148	0.296	0.513
Pantothenic acid	mg	0.185			0.242	0.485	0.839
Vitamin B_6	mg	0.075			0.098	0.197	0.340
Folacin	mcg	65.4			85.6	171.3	296.5
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.074			0.097	0.194	0.336
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.069			0.090	0.181	0.313
18:0	g	0.004			0.005	0.010	0.018
Monounsaturated, total	g	0.025			0.033	0.066	0.113
16:1	g						
18:1	g	0.025			0.033	0.066	0.113
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.123			0.161	0.322	0.558
18:2	g	0.067			0.088	0.176	0.304
18:3	g	0.056			0.073	0.147	0.254
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.086			0.113	0.225	0.390
Threonine	g	0.305			0.400	0.799	1.383
Isoleucine	g	0.320			0.419	0.838	1.452
Leucine	g	0.579			0.758	1.517	2.626
Lysine	g	0.498			0.652	1.305	2.259
Methionine	g	0.109			0.143	0.286	0.494
Cystine	g	0.079			0.103	0.207	0.358
Phenylalanine	g	0.392			0.514	1.027	1.778
Tyrosine	g	0.204			0.267	0.534	0.925
Valine	g	0.380			0.498	0.996	1.724
Arginine	g	0.449			0.588	1.176	2.037
Histidine	g	0.202			0.265	0.529	0.916
Alanine	g	0.304			0.398	0.796	1.379
Aspartic acid	g	0.878			1.150	2.300	3.983
Glutamic acid	g	1.106			1.449	2.898	5.017
Glycine	g	0.283			0.371	0.741	1.284
Proline	g	0.308			0.403	0.807	1.397
Serine	g	0.395			0.517	1.035	1.792

[1]Values based on data for solids and liquid.

BROADBEANS, Raw

Vicia faba

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 75 g	1 c = 150 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	10.98		100	8.23	16.47	49.80
Food energy	kcal	341			256	511	1,545
	kJ	1,425			1,069	2,138	6,466
Protein (N X 6.25)	g	26.12		104	19.59	39.18	118.47
Total lipid (fat)	g	1.53	0.113	101	1.15	2.29	6.93
Carbohydrate, total	g	58.30			43.73	87.45	264.45
Crude fiber[1]	g	2.97	0.223	24	2.23	4.45	13.46
Ash	g	3.08		102	2.31	4.62	13.96
Minerals:							
Calcium	mg	103		31	77	154	467
Iron	mg	6.70		30	5.02	10.04	30.37
Magnesium	mg	192		10	144	288	872
Phosphorus	mg	421		29	315	631	1,908
Potassium	mg	1,062	61.434	8	796	1,593	4,817
Sodium	mg	13		5	9	19	57
Zinc	mg	3.14		10	2.35	4.71	14.23
Copper	mg	0.824		10	0.618	1.236	3.738
Manganese	mg	1.626	0.148	8	1.220	2.439	7.376
Vitamins:							
Ascorbic acid	mg	1.4		1	1.1	2.1	6.4
Thiamin	mg	0.555		11	0.416	0.833	2.517
Riboflavin	mg	0.333		12	0.250	0.500	1.510
Niacin	mg	2.832		11	2.124	4.248	12.846
Pantothenic acid	mg	0.976	0.070	8	0.732	1.464	4.427
Vitamin B_6	mg	0.366	0.010	8	0.275	0.549	1.660
Folacin	mcg	422.9	33.794	8	317.2	634.3	1,918.2
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	5		9	4	8	24
	IU	53		9	40	79	240
Lipids:							
Fatty acids:							
Saturated, total	g	0.254			0.191	0.381	1.152
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.004			0.003	0.006	0.018
14:0	g	0.002			0.002	0.003	0.009
16:0	g	0.204			0.153	0.306	0.925
18:0	g	0.031			0.023	0.047	0.141
Monounsaturated, total	g	0.303			0.227	0.455	1.374
16:1	g	0.002			0.002	0.003	0.009
18:1	g	0.297			0.223	0.446	1.347
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.627			0.470	0.941	2.844
18:2	g	0.581			0.436	0.872	2.635
18:3	g	0.046			0.035	0.069	0.209
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg	124			93	186	562
Amino acids:							
Tryptophan	g	0.247		32	0.185	0.371	1.120
Threonine	g	0.928		63	0.696	1.392	4.209
Isoleucine	g	1.053		63	0.790	1.580	4.776
Leucine	g	1.964		63	1.473	2.946	8.909
Lysine	g	1.671		66	1.253	2.507	7.580
Methionine	g	0.213		176	0.160	0.320	0.966
Cystine	g	0.334		146	0.251	0.501	1.515
Phenylalanine	g	1.103		63	0.827	1.655	5.003
Tyrosine	g	0.827		60	0.620	1.241	3.751
Valine	g	1.161		63	0.871	1.742	5.266
Arginine	g	2.411		64	1.808	3.617	10.936
Histidine	g	0.664		62	0.498	0.996	3.012
Alanine	g	1.070		54	0.803	1.605	4.854
Aspartic acid	g	2.916		54	2.187	4.374	13.227
Glutamic acid	g	4.437		54	3.328	6.656	20.126
Glycine	g	1.095		61	0.821	1.643	4.967
Proline	g	1.099		48	0.824	1.649	4.985
Serine	g	1.195		54	0.896	1.793	5.421

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 14.5 g per 100 g.

BROADBEANS, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 85 g	1 c = 170 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71.54	1.019	8	60.81	121.61	324.49
Food energy	kcal	110			93	186	498
	kJ	459			390	780	2,082
Protein (N X 6.25)	g	7.60	0.278	8	6.46	12.92	34.47
Total lipid (fat)	g	0.40	0.042	8	0.34	0.68	1.81
Carbohydrate, total	g	19.65			16.70	33.41	89.14
Crude fiber.[1]	g	0.95			0.81	1.61	4.30
Ash	g	0.81	0.077	8	0.69	1.38	3.68
Minerals:							
Calcium	mg	36	1.775	8	31	62	164
Iron	mg	1.50	0.098	8	1.27	2.54	6.78
Magnesium	mg	43	2.074	8	36	73	194
Phosphorus	mg	125	9.925	8	106	212	565
Potassium	mg	268	27.538	8	228	456	1,216
Sodium	mg	5	0.348	4	4	8	21
Zinc	mg	1.01	0.075	8	0.86	1.72	4.59
Copper	mg	0.259	0.041	8	0.220	0.440	1.175
Manganese	mg	0.421	0.033	8	0.358	0.716	1.910
Vitamins:							
Ascorbic acid	mg	0.3			0.3	0.5	1.4
Thiamin	mg	0.097	0.006	8	0.082	0.165	0.440
Riboflavin	mg	0.089	0.006	8	0.076	0.151	0.404
Niacin	mg	0.711	0.066	8	0.604	1.209	3.225
Pantothenic acid	mg	0.157	0.027	8	0.133	0.267	0.712
Vitamin B_6	mg	0.072	0.009	8	0.061	0.122	0.327
Folacin	mcg	104.1	6.518	8	88.5	177.0	472.3
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	2			1	3	7
	IU	15			13	26	69
Lipids:							
Fatty acids:							
Saturated, total	g	0.066			0.056	0.112	0.299
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.001			0.001	0.002	0.005
14:0	g	0.001			0.001	0.002	0.005
16:0	g	0.054			0.046	0.092	0.245
18:0	g	0.008			0.007	0.014	0.036
Monounsaturated, total	g	0.079			0.067	0.134	0.358
16:1	g	0.001			0.001	0.002	0.005
18:1	g	0.078			0.066	0.133	0.354
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.164			0.139	0.279	0.744
18:2	g	0.152			0.129	0.258	0.689
18:3	g	0.012			0.010	0.020	0.054
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.072			0.061	0.122	0.327
Threonine	g	0.270			0.230	0.459	1.225
Isoleucine	g	0.306			0.260	0.520	1.388
Leucine	g	0.572			0.486	0.972	2.595
Lysine	g	0.486			0.413	0.826	2.204
Methionine	g	0.062			0.053	0.105	0.281
Cystine	g	0.097			0.082	0.165	0.440
Phenylalanine	g	0.321			0.273	0.546	1.456
Tyrosine	g	0.241			0.205	0.410	1.093
Valine	g	0.338			0.287	0.575	1.533
Arginine	g	0.702			0.597	1.193	3.184
Histidine	g	0.193			0.164	0.328	0.875
Alanine	g	0.311			0.264	0.529	1.411
Aspartic acid	g	0.849			0.722	1.443	3.851
Glutamic acid	g	1.291			1.097	2.195	5.856
Glycine	g	0.319			0.271	0.542	1.447
Proline	g	0.320			0.272	0.544	1.452
Serine	g	0.348			0.296	0.592	1.579

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 5.1 g per 100 g.

BROADBEANS, Canned[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 128 g	1 c = 256 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	80.32		1	102.81	205.62	364.33
Food energy	kcal	71			91	183	324
	kJ	298			382	764	1,354
Protein (N X 6.25)	g	5.47		1	7.00	14.00	24.80
Total lipid (fat)	g	0.22		1	0.28	0.56	1.00
Carbohydrate, total	g	12.41			15.89	31.77	56.30
Crude fiber	g	0.42		1	0.54	1.08	1.91
Ash	g	1.58		1	2.02	4.04	7.17
Minerals:							
Calcium	mg	26		1	34	67	119
Iron	mg	1.00		1	1.28	2.56	4.54
Magnesium	mg	32			41	82	145
Phosphorus	mg	79			101	202	358
Potassium	mg	242			310	620	1,099
Sodium	mg	453		1	580	1,161	2,057
Zinc	mg	0.62			0.80	1.60	2.83
Copper	mg	0.109			0.140	0.279	0.494
Manganese	mg	0.288			0.369	0.737	1.306
Vitamins:							
Ascorbic acid	mg	1.8		1	2.2	4.5	7.9
Thiamin	mg	0.020		1	0.026	0.051	0.091
Riboflavin	mg	0.050		1	0.064	0.128	0.227
Niacin	mg	0.960		1	1.229	2.458	4.355
Pantothenic acid	mg	0.119			0.152	0.305	0.540
Vitamin B_6	mg	0.045			0.058	0.115	0.204
Folacin	mcg	32.7			41.9	83.8	148.4
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	1		1	1	3	5
	IU	10		1	13	26	45
Lipids:							
Fatty acids:							
Saturated, total	g	0.037			0.047	0.095	0.168
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.001			0.001	0.003	0.005
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.029			0.037	0.074	0.132
18:0	g	0.004			0.005	0.010	0.018
Monounsaturated, total	g	0.044			0.056	0.113	0.200
16:1	g	0.000			0.000	0.000	0.000
18:1	g	0.043			0.055	0.110	0.195
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.090			0.115	0.230	0.408
18:2	g	0.084			0.108	0.215	0.381
18:3	g	0.007			0.009	0.018	0.032
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.052			0.067	0.133	0.236
Threonine	g	0.194			0.248	0.497	0.880
Isoleucine	g	0.221			0.283	0.566	1.002
Leucine	g	0.411			0.526	1.052	1.864
Lysine	g	0.350			0.448	0.896	1.588
Methionine	g	0.045			0.058	0.115	0.204
Cystine	g	0.070			0.090	0.179	0.318
Phenylalanine	g	0.231			0.296	0.591	1.048
Tyrosine	g	0.173			0.221	0.443	0.785
Valine	g	0.243			0.311	0.622	1.102
Arginine	g	0.505			0.646	1.293	2.291
Histidine	g	0.139			0.178	0.356	0.631
Alanine	g	0.224			0.287	0.573	1.016
Aspartic acid	g	0.611			0.782	1.564	2.771
Glutamic acid	g	0.929			1.189	2.378	4.214
Glycine	g	0.229			0.293	0.586	1.039
Proline	g	0.230			0.294	0.589	1.043
Serine	g	0.250			0.320	0.640	1.134

[1] Values based on data for solids and liquid.

CAROB FLOUR
Ceratonia siliqua

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 tbsp = 8 g	1 c = 103 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	3.58	0.748	12	0.29	3.68	16.22
Food energy	kcal	180			14	185	816
	kJ	753			60	776	3,416
Protein (N X 6.25)	g	4.62	0.113	40	0.37	4.75	20.93
Total lipid (fat)	g	0.65	0.062	32	0.05	0.67	2.97
Carbohydrate, total	g	88.88			7.11	91.55	403.17
Crude fiber[1]	g	7.19	0.210	31	0.58	7.41	32.63
Ash	g	2.27	0.097	40	0.18	2.34	10.31
Minerals:							
Calcium	mg	348	15.274	10	28	359	1,579
Iron	mg	2.94	0.314	10	0.24	3.03	13.34
Magnesium	mg	54	10.571	6	4	56	246
Phosphorus	mg	79	8.466	4	6	81	358
Potassium	mg	827	113.074	6	66	852	3,751
Sodium	mg	35	32.600	2	3	36	158
Zinc	mg	0.92	0.189	7	0.07	0.94	4.16
Copper	mg	0.571	0.093	6	0.046	0.588	2.590
Manganese	mg	0.508	0.079	5	0.041	0.523	2.304
Vitamins:							
Ascorbic acid	mg	0.2	0.000	4	0.0	0.2	0.9
Thiamin	mg	0.053	0.006	8	0.004	0.055	0.240
Riboflavin	mg	0.461	0.131	7	0.037	0.475	2.091
Niacin	mg	1.897	0.146	8	0.152	1.954	8.605
Pantothenic acid	mg	0.047	0.015	4	0.004	0.048	0.213
Vitamin B_6	mg	0.366	0.045	4	0.029	0.377	1.660
Folacin	mcg	29.0		1	2.3	29.9	131.5
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	1	0.242	5	0	1	7
	IU	14	2.421	5	1	15	65
Lipids:							
Fatty acids:							
Saturated, total	g	0.091			0.007	0.094	0.413
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001			0.000	0.001	0.005
16:0	g	0.073			0.006	0.075	0.331
18:0	g	0.014			0.001	0.014	0.064
Monounsaturated, total	g	0.199			0.016	0.205	0.903
16:1	g	0.004			0.000	0.004	0.018
18:1	g	0.195			0.016	0.201	0.885
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.218			0.017	0.225	0.989
18:2	g	0.214			0.017	0.220	0.971
18:3	g	0.004			0.000	0.004	0.018
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 10.6 g per 100 g.

CHICKPEAS, Raw

Cicer arietinum

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 100 g	1 c = 200 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	11.53	0.708	44	11.53	23.05	52.29
Food energy	kcal	364			364	729	1,653
	kJ	1,525			1,525	3,049	6,916
Protein (N X6.25)	g	19.30	0.231	1479	19.30	38.60	87.54
Total lipid (fat)	g	6.04	0.130	60	6.04	12.07	27.38
Carbohydrate, total	g	60.66			60.66	121.32	275.16
Crude fiber[1]	g	4.09	0.207	54	4.09	8.17	18.53
Ash	g	2.48	0.074	63	2.48	4.95	11.23
Minerals:							
Calcium	mg	105	2.926	47	105	211	478
Iron	mg	6.24	0.136	44	6.24	12.48	28.31
Magnesium	mg	115	4.264	39	115	231	523
Phosphorus	mg	366	12.309	43	366	732	1,661
Potassium	mg	875	29.314	40	875	1,750	3,969
Sodium	mg	24	3.228	35	24	49	111
Zinc	mg	3.43	0.097	46	3.43	6.85	15.54
Copper	mg	0.847	0.030	48	0.847	1.694	3.842
Manganese	mg	2.204	0.122	25	2.204	4.408	9.997
Vitamins:							
Ascorbic acid	mg	4.0	1.000	3	4.0	8.0	18.1
Thiamin	mg	0.477	0.033	42	0.477	0.954	2.164
Riboflavin	mg	0.212	0.011	48	0.212	0.424	0.962
Niacin	mg	1.541	0.068	43	1.541	3.082	6.990
Pantothenic acid	mg	1.588	0.063	20	1.588	3.176	7.203
Vitamin B_6	mg	0.535	0.013	26	0.535	1.070	2.427
Folacin	mcg	556.6	27.048	16	556.6	1,113.3	2,524.9
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	7		17	7	13	30
	IU	67		17	67	134	304
Lipids:							
Fatty acids:							
Saturated, total	g	0.626			0.626	1.252	2.840
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.009			0.009	0.018	0.041
16:0	g	0.501			0.501	1.002	2.273
18:0	g	0.085			0.085	0.170	0.386
Monounsaturated, total	g	1.358			1.358	2.716	6.160
16:1	g	0.012			0.012	0.024	0.054
18:1	g	1.346			1.346	2.692	6.105
20:1	g						
22:1	g						
Polyunsaturated, total	g	2.694			2.694	5.388	12.220
18:2	g	2.593			2.593	5.186	11.762
18:3	g	0.101			0.101	0.202	0.458
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg	35			35	70	159
Amino acids:							
Tryptophan	g	0.185		27	0.185	0.370	0.839
Threonine	g	0.716		57	0.716	1.432	3.248
Isoleucine	g	0.828		57	0.828	1.656	3.756
Leucine	g	1.374		57	1.374	2.748	6.232
Lysine	g	1.291		57	1.291	2.582	5.856
Methionine	g	0.253		83	0.253	0.506	1.148
Cystine	g	0.259		65	0.259	0.518	1.175
Phenylalanine	g	1.034		57	1.034	2.068	4.690
Tyrosine	g	0.479		56	0.479	0.958	2.173
Valine	g	0.809		57	0.809	1.618	3.670
Arginine	g	1.819		55	1.819	3.638	8.251
Histidine	g	0.531		55	0.531	1.062	2.409
Alanine	g	0.828		41	0.828	1.656	3.756
Aspartic acid	g	2.270		39	2.270	4.540	10.297
Glutamic acid	g	3.375		40	3.375	6.750	15.309
Glycine	g	0.803		41	0.803	1.606	3.642
Proline	g	0.797		40	0.797	1.594	3.615
Serine	g	0.973		41	0.973	1.946	4.414

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 6.4 g per 100 g.

CHICKPEAS, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 82 g	1 c = 164 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.21	0.607	23	49.38	98.75	273.13
Food energy	kcal	164			134	269	744
	kJ	686			563	1,125	3,112
Protein (N X 6.25)	g	8.86	0.205	23	7.27	14.54	40.21
Total lipid (fat)	g	2.59	0.091	24	2.12	4.25	11.75
Carbohydrate, total	g	27.41			22.47	44.95	124.32
Crude fiber[1]	g	2.50	0.119	13	2.05	4.10	11.33
Ash	g	0.92	0.037	24	0.76	1.52	4.19
Minerals:							
Calcium	mg	49	1.926	21	40	80	222
Iron	mg	2.89	0.147	21	2.37	4.74	13.12
Magnesium	mg	48	1.264	21	39	78	216
Phosphorus	mg	168	7.270	21	137	275	760
Potassium	mg	291	10.596	21	239	477	1,321
Sodium	mg	7	0.859	17	6	11	30
Zinc	mg	1.53	0.057	27	1.25	2.51	6.94
Copper	mg	0.352	0.026	27	0.289	0.577	1.597
Manganese	mg	1.030	0.051	21	0.845	1.689	4.672
Vitamins:							
Ascorbic acid	mg	1.3			1.0	2.1	5.7
Thiamin	mg	0.116	0.005	21	0.095	0.190	0.526
Riboflavin	mg	0.063	0.002	21	0.052	0.103	0.286
Niacin	mg	0.526	0.038	21	0.431	0.863	2.386
Pantothenic acid	mg	0.286	0.036	8	0.235	0.469	1.297
Vitamin B_6	mg	0.139	0.010	8	0.114	0.228	0.631
Folacin	mcg	172.0	9.671	8	141.0	282.1	780.2
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	3			2	4	12
	IU	27			22	44	123
Lipids:							
Fatty acids:							
Saturated, total	g	0.269			0.221	0.441	1.220
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.004			0.003	0.007	0.018
16:0	g	0.215			0.176	0.353	0.975
18:0	g	0.037			0.030	0.061	0.168
Monounsaturated, total	g	0.583			0.478	0.956	2.644
16:1	g	0.005			0.004	0.008	0.023
18:1	g	0.578			0.474	0.948	2.622
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.156			0.948	1.896	5.244
18:2	g	1.113			0.913	1.825	5.049
18:3	g	0.043			0.035	0.071	0.195
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.085			0.070	0.139	0.386
Threonine	g	0.329			0.270	0.540	1.492
Isoleucine	g	0.380			0.312	0.623	1.724
Leucine	g	0.631			0.517	1.035	2.862
Lysine	g	0.593			0.486	0.973	2.690
Methionine	g	0.116			0.095	0.190	0.526
Cystine	g	0.119			0.098	0.195	0.540
Phenylalanine	g	0.475			0.390	0.779	2.155
Tyrosine	g	0.220			0.180	0.361	0.998
Valine	g	0.372			0.305	0.610	1.687
Arginine	g	0.835			0.685	1.369	3.788
Histidine	g	0.244			0.200	0.400	1.107
Alanine	g	0.380			0.312	0.623	1.724
Aspartic acid	g	1.042			0.854	1.709	4.727
Glutamic acid	g	1.550			1.271	2.542	7.031
Glycine	g	0.369			0.303	0.605	1.674
Proline	g	0.366			0.300	0.600	1.660
Serine	g	0.447			0.367	0.733	2.028

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 3.5 g per 100 g.

CHICKPEAS, Canned[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 120 g	1 c = 240 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	69.69	4.615	25	83.62	167.25	316.10
Food energy	kcal	119			143	285	539
	kJ	497			596	1,193	2,254
Protein (N X 6.25)	g	4.95	0.116	4	5.94	11.88	22.44
Total lipid (fat)	g	1.14	0.066	4	1.37	2.74	5.18
Carbohydrate, total	g	22.62			27.14	54.29	102.60
Crude fiber	g	1.36		1	1.63	3.26	6.17
Ash	g	1.61	0.258	4	1.93	3.85	7.28
Minerals:							
Calcium	mg	32	5.801	4	39	78	147
Iron	mg	1.35	0.076	4	1.62	3.23	6.11
Magnesium	mg	29		1	35	70	132
Phosphorus	mg	90		1	108	216	408
Potassium	mg	172	18.502	3	206	413	780
Sodium	mg	299	15.962	3	359	718	1,358
Zinc	mg	1.06			1.27	2.53	4.79
Copper	mg	0.174			0.209	0.418	0.789
Manganese	mg	0.604			0.725	1.450	2.740
Vitamins:							
Ascorbic acid	mg	3.8	0.381	4	4.6	9.2	17.4
Thiamin	mg	0.029	0.015	6	0.035	0.070	0.132
Riboflavin	mg	0.033	0.005	6	0.040	0.079	0.150
Niacin	mg	0.138	0.030	6	0.166	0.331	0.626
Pantothenic acid	mg	0.299			0.359	0.718	1.356
Vitamin B_6	mg	0.473	0.060	21	0.568	1.135	2.146
Folacin	mcg	66.8			80.1	160.2	302.8
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	2	0.669	3	3	6	11
	IU	24	6.691	3	29	58	110
Lipids:							
Fatty acids:							
Saturated, total	g	0.118			0.142	0.283	0.535
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002			0.002	0.005	0.009
16:0	g	0.095			0.114	0.228	0.431
18:0	g	0.016			0.019	0.038	0.073
Monounsaturated, total	g	0.257			0.308	0.617	1.166
16:1	g	0.002			0.002	0.005	0.009
18:1	g	0.255			0.306	0.612	1.157
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.510			0.612	1.224	2.313
18:2	g	0.491			0.589	1.178	2.227
18:3	g	0.019			0.023	0.046	0.086
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.048			0.058	0.115	0.218
Threonine	g	0.184			0.221	0.442	0.835
Isoleucine	g	0.212			0.254	0.509	0.962
Leucine	g	0.352			0.422	0.845	1.597
Lysine	g	0.331			0.397	0.794	1.501
Methionine	g	0.065			0.078	0.156	0.295
Cystine	g	0.067			0.080	0.161	0.304
Phenylalanine	g	0.265			0.318	0.636	1.202
Tyrosine	g	0.123			0.148	0.295	0.558
Valine	g	0.208			0.250	0.499	0.943
Arginine	g	0.466			0.559	1.118	2.114
Histidine	g	0.136			0.163	0.326	0.617
Alanine	g	0.212			0.254	0.509	0.962
Aspartic acid	g	0.582			0.698	1.397	2.640
Glutamic acid	g	0.866			1.039	2.078	3.928
Glycine	g	0.206			0.247	0.494	0.934
Proline	g	0.204			0.245	0.490	0.925
Serine	g	0.249			0.299	0.598	1.129

[1] Values based on data for solids and liquid.

CHILI WITH BEANS, Canned

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 128 g	1 c = 255 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	75.51	0.317	16	96.65	192.55	342.51
Food energy	kcal	112			144	286	509
	kJ	470			601	1,198	2,131
Protein (N X6.25)	g	5.71		17	7.31	14.57	25.91
Total lipid (fat)	g	5.49		17	7.02	13.99	24.88
Carbohydrate, total	g	11.91			15.25	30.38	54.04
Crude fiber	g	2.15		4	2.75	5.47	9.73
Ash	g	1.38		17	1.77	3.52	6.26
Minerals:							
Calcium	mg	47		17	60	119	212
Iron	mg	3.43		17	4.39	8.75	15.56
Magnesium	mg	45		1	58	115	204
Phosphorus	mg	154		1	197	393	699
Potassium	mg	365		17	468	932	1,657
Sodium	mg	522		17	668	1,330	2,366
Zinc	mg	2.00		1	2.56	5.10	9.07
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	1.7		1	2.2	4.3	7.7
Thiamin	mg	0.048		18	0.061	0.122	0.218
Riboflavin	mg	0.105		18	0.134	0.268	0.476
Niacin	mg	0.358	0.030	16	0.458	0.913	1.624
Pantothenic acid	mg	1.420		1	1.818	3.621	6.441
Vitamin B_6	mg	0.132		1	0.169	0.337	0.599
Folacin	mcg						
Vitamin B_{12}	mcg	0.01		1	0.01	0.03	0.04
Vitamin A	RE	34		16	43	86	153
	IU	337		16	432	860	1,530
Lipids:							
Fatty acids:							
Saturated, total	g	2.352			3.011	5.998	10.669
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.020			0.026	0.051	0.091
12:0	g	0.013			0.017	0.033	0.059
14:0	g	0.142			0.182	0.362	0.644
16:0	g	1.678			2.148	4.279	7.611
18:0	g	0.493			0.631	1.257	2.236
Monounsaturated, total	g	2.332			2.985	5.947	10.578
16:1	g	0.082			0.105	0.209	0.372
18:1	g	2.250			2.880	5.738	10.206
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.362			0.463	0.923	1.642
18:2	g	0.208			0.266	0.530	0.943
18:3	g	0.153			0.196	0.390	0.694
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	17			22	43	77
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.069			0.088	0.176	0.313
Threonine	g	0.240			0.307	0.612	1.089
Isoleucine	g	0.250			0.320	0.638	1.134
Leucine	g	0.456			0.584	1.163	2.068
Lysine	g	0.409			0.524	1.043	1.855
Methionine	g	0.095			0.122	0.242	0.431
Cystine	g	0.061			0.078	0.156	0.277
Phenylalanine	g	0.292			0.374	0.745	1.325
Tyrosine	g	0.164			0.210	0.418	0.744
Valine	g	0.294			0.376	0.750	1.334
Arginine	g	0.360			0.461	0.918	1.633
Histidine	g	0.164			0.210	0.418	0.744
Alanine	g	0.265			0.339	0.676	1.202
Aspartic acid	g	0.659			0.844	1.680	2.989
Glutamic acid	g	0.877			1.123	2.236	3.978
Glycine	g	0.261			0.334	0.666	1.184
Proline	g	0.251			0.321	0.640	1.139
Serine	g	0.293			0.375	0.747	1.329

COWPEAS, CATJANG, Raw

Vigna unguiculata cylindrica

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 84 g	1 c = 167 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	11.05	0.727	3	9.28	18.46	50.14
Food energy	kcal	343			288	572	1,555
	kJ	1,434			1,205	2,395	6,506
Protein (N X6.25)	g	23.85	0.614	3	20.04	39.83	108.19
Total lipid (fat)	g	2.07	0.341	3	1.74	3.46	9.39
Carbohydrate, total	g	59.64			50.09	99.59	270.50
Crude fiber	g	4.65	0.469	3	3.91	7.77	21.09
Ash	g	3.39	0.045	4	2.85	5.66	15.38
Minerals:							
Calcium	mg	85	15.315	4	71	141	384
Iron	mg	9.95	2.099	4	8.36	16.62	45.14
Magnesium	mg	333	92.738	4	280	557	1,512
Phosphorus	mg	438	55.183	4	368	731	1,986
Potassium	mg	1,375	152.137	4	1,155	2,295	6,235
Sodium	mg	58	36.039	3	49	97	263
Zinc	mg	6.11	2.195	2	5.13	10.20	27.69
Copper	mg	1.059	0.170	4	0.890	1.769	4.804
Manganese	mg	1.544			1.297	2.578	7.004
Vitamins:							
Ascorbic acid	mg	1.5			1.3	2.5	6.9
Thiamin	mg	0.680		1	0.571	1.136	3.084
Riboflavin	mg	0.170	0.020	2	0.143	0.284	0.771
Niacin	mg	2.795	0.585	2	2.348	4.668	12.678
Pantothenic acid	mg	1.511			1.269	2.523	6.854
Vitamin B_6	mg	0.361			0.303	0.603	1.637
Folacin	mcg	639.0			536.8	1,067.2	2,898.6
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	3		1	3	6	15
	IU	33		1	28	55	150
Lipids:							
Fatty acids:							
Saturated, total	g	0.542			0.455	0.905	2.459
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.001			0.001	0.002	0.005
14:0	g	0.004			0.003	0.007	0.018
16:0	g	0.417			0.350	0.696	1.892
18:0	g	0.087			0.073	0.145	0.395
Monounsaturated, total	g	0.173			0.145	0.289	0.785
16:1	g	0.006			0.005	0.010	0.027
18:1	g	0.144			0.121	0.240	0.653
20:1	g	0.002			0.002	0.003	0.009
22:1	g	0.019			0.016	0.032	0.086
Polyunsaturated, total	g	0.889			0.747	1.485	4.033
18:2	g	0.563			0.473	0.940	2.554
18:3	g	0.326			0.274	0.544	1.479
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.294		49	0.247	0.491	1.334
Threonine	g	0.908		72	0.763	1.516	4.119
Isoleucine	g	0.969		72	0.814	1.618	4.395
Leucine	g	1.828		72	1.536	3.053	8.292
Lysine	g	1.614		78	1.356	2.695	7.321
Methionine	g	0.340		108	0.286	0.568	1.542
Cystine	g	0.263		92	0.221	0.439	1.193
Phenylalanine	g	1.393		72	1.170	2.326	6.319
Tyrosine	g	0.771		54	0.648	1.288	3.497
Valine	g	1.137		71	0.955	1.899	5.157
Arginine	g	1.652		71	1.388	2.759	7.493
Histidine	g	0.740		71	0.622	1.236	3.357
Alanine	g	1.088		52	0.914	1.817	4.935
Aspartic acid	g	2.881		52	2.420	4.811	13.068
Glutamic acid	g	4.518		52	3.795	7.545	20.494
Glycine	g	0.985		52	0.827	1.645	4.468
Proline	g	1.072		51	0.900	1.790	4.863
Serine	g	1.194		52	1.003	1.994	5.416

COWPEAS, CATJANG, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 86 g	1 c = 171 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	69.70			59.94	119.19	316.15
Food energy	kcal	117			100	200	530
	kJ	489			420	836	2,216
Protein (N X6.25)	g	8.13			6.99	13.90	36.86
Total lipid (fat)	g	0.71			0.61	1.21	3.20
Carbohydrate, total	g	20.32			17.47	34.74	92.15
Crude fiber	g	1.58			1.36	2.71	7.19
Ash	g	1.16			0.99	1.98	5.24
Minerals:							
Calcium	mg	26			22	44	118
Iron	mg	3.05			2.62	5.22	13.84
Magnesium	mg	96			83	165	438
Phosphorus	mg	142			122	242	643
Potassium	mg	375			322	641	1,699
Sodium	mg	19			16	32	85
Zinc	mg	1.87			1.61	3.20	8.49
Copper	mg	0.271			0.233	0.463	1.229
Manganese	mg	0.473			0.407	0.809	2.146
Vitamins:							
Ascorbic acid	mg	0.4			0.3	0.6	1.6
Thiamin	mg	0.162			0.139	0.277	0.735
Riboflavin	mg	0.046			0.040	0.079	0.209
Niacin	mg	0.714			0.614	1.221	3.239
Pantothenic acid	mg	0.386			0.332	0.660	1.751
Vitamin B_6	mg	0.092			0.079	0.157	0.417
Folacin	mcg	141.5			121.7	242.0	641.8
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	1			1	2	5
	IU	10			9	17	46
Lipids:							
Fatty acids:							
Saturated, total	g	0.185			0.159	0.316	0.839
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.000			0.000	0.000	0.000
14:0	g	0.001			0.001	0.002	0.005
16:0	g	0.142			0.122	0.243	0.644
18:0	g	0.030			0.026	0.051	0.136
Monounsaturated, total	g	0.059			0.051	0.101	0.268
16:1	g	0.002			0.002	0.003	0.009
18:1	g	0.049			0.042	0.084	0.222
20:1	g	0.001			0.001	0.002	0.005
22:1	g	0.007			0.006	0.012	0.032
Polyunsaturated, total	g	0.303			0.261	0.518	1.374
18:2	g	0.192			0.165	0.328	0.871
18:3	g	0.111			0.095	0.190	0.503
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.100			0.086	0.171	0.454
Threonine	g	0.309			0.266	0.528	1.402
Isoleucine	g	0.330			0.284	0.564	1.497
Leucine	g	0.623			0.536	1.065	2.826
Lysine	g	0.550			0.473	0.941	2.495
Methionine	g	0.116			0.100	0.198	0.526
Cystine	g	0.090			0.077	0.154	0.408
Phenylalanine	g	0.475			0.409	0.812	2.155
Tyrosine	g	0.263			0.226	0.450	1.193
Valine	g	0.387			0.333	0.662	1.755
Arginine	g	0.563			0.484	0.963	2.554
Histidine	g	0.252			0.217	0.431	1.143
Alanine	g	0.371			0.319	0.634	1.683
Aspartic acid	g	0.982			0.845	1.679	4.454
Glutamic acid	g	1.539			1.324	2.632	6.981
Glycine	g	0.335			0.288	0.573	1.520
Proline	g	0.365			0.314	0.624	1.656
Serine	g	0.407			0.350	0.696	1.846

COWPEAS, COMMON, Raw

Vigna unguiculata unguiculata

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 84 g	1 c = 167 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	11.95	0.391	82	10.04	19.96	54.21
Food energy	kcal	336			283	562	1,526
	kJ	1,408			1,183	2,351	6,386
Protein (N X 6.25)	g	23.52	0.205	147	19.75	39.27	106.66
Total lipid (fat)	g	1.26	0.036	139	1.06	2.11	5.73
Carbohydrate, total	g	60.03			50.42	100.25	272.29
Crude fiber[1]	g	4.58	0.249	65	3.85	7.66	20.79
Ash	g	3.24	0.038	91	2.72	5.41	14.71
Minerals:							
Calcium	mg	110	11.803	47	92	183	497
Iron	mg	8.27	0.246	59	6.95	13.82	37.53
Magnesium	mg	184	7.012	45	154	307	834
Phosphorus	mg	424	11.904	46	357	709	1,925
Potassium	mg	1,112	40.025	44	934	1,858	5,046
Sodium	mg	16	1.681	39	14	27	74
Zinc	mg	3.37	0.167	46	2.83	5.63	15.28
Copper	mg	0.845	0.030	48	0.710	1.411	3.833
Manganese	mg	1.528		42	1.284	2.552	6.931
Vitamins:							
Ascorbic acid	mg	1.5		1	1.3	2.5	6.8
Thiamin	mg	0.853	0.031	197	0.717	1.425	3.869
Riboflavin	mg	0.226	0.008	204	0.190	0.377	1.025
Niacin	mg	2.075	0.094	189	1.743	3.465	9.412
Pantothenic acid	mg	1.496	0.058	166	1.257	2.498	6.786
Vitamin B_6	mg	0.357		17	0.300	0.596	1.619
Folacin	mcg	632.6	41.904	17	531.3	1,056.4	2,869.3
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	5		1	4	8	23
	IU	50		1	42	84	227
Lipids:							
Fatty acids:							
Saturated, total	g	0.331			0.278	0.553	1.501
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.001			0.001	0.002	0.005
14:0	g	0.003			0.003	0.005	0.014
16:0	g	0.254			0.213	0.424	1.152
18:0	g	0.053			0.045	0.089	0.240
Monounsaturated, total	g	0.106			0.089	0.177	0.481
16:1	g	0.004			0.003	0.007	0.018
18:1	g	0.088			0.074	0.147	0.399
20:1	g	0.001			0.001	0.002	0.005
22:1	g	0.012			0.010	0.020	0.054
Polyunsaturated, total	g	0.542			0.455	0.905	2.459
18:2	g	0.343			0.288	0.573	1.556
18:3	g	0.199			0.167	0.332	0.903
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.290			0.244	0.484	1.315
Threonine	g	0.895			0.752	1.495	4.060
Isoleucine	g	0.956			0.803	1.597	4.336
Leucine	g	1.802			1.514	3.009	8.174
Lysine	g	1.591			1.336	2.657	7.217
Methionine	g	0.335			0.281	0.559	1.520
Cystine	g	0.260			0.218	0.434	1.179
Phenylalanine	g	1.373			1.153	2.293	6.228
Tyrosine	g	0.760			0.638	1.269	3.447
Valine	g	1.121			0.942	1.872	5.085
Arginine	g	1.629			1.368	2.720	7.389
Histidine	g	0.730			0.613	1.219	3.311
Alanine	g	1.072			0.900	1.790	4.863
Aspartic acid	g	2.840			2.386	4.743	12.882
Glutamic acid	g	4.454			3.741	7.438	20.203
Glycine	g	0.971			0.816	1.622	4.404
Proline	g	1.057			0.888	1.765	4.795
Serine	g	1.178			0.990	1.967	5.343

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 7.6 g per 100 g.

COWPEAS, COMMON, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 86 g	1 c = 171 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.04	0.603	23	60.24	119.78	317.72
Food energy	kcal	116			100	198	525
	kJ	484			416	828	2,196
Protein (N X 6.25)	g	7.73	0.163	24	6.65	13.21	35.05
Total lipid (fat)	g	0.53	0.031	24	0.45	0.90	2.38
Carbohydrate, total	g	20.77			17.86	35.51	94.21
Crude fiber[1]	g	2.31	0.146	13	1.98	3.94	10.46
Ash	g	0.94	0.030	24	0.80	1.60	4.24
Minerals:							
Calcium	mg	24	0.819	28	21	42	111
Iron	mg	2.51	0.100	29	2.16	4.29	11.37
Magnesium	mg	53	1.487	29	46	91	241
Phosphorus	mg	156	4.148	28	134	266	706
Potassium	mg	278	7.500	29	239	476	1,262
Sodium	mg	4	0.413	24	3	6	16
Zinc	mg	1.29	0.044	35	1.11	2.20	5.84
Copper	mg	0.268	0.013	35	0.230	0.458	1.216
Manganese	mg	0.475	0.018	29	0.409	0.812	2.155
Vitamins:							
Ascorbic acid	mg	0.4			0.3	0.6	1.6
Thiamin	mg	0.202	0.011	21	0.174	0.345	0.916
Riboflavin	mg	0.055	0.003	21	0.047	0.094	0.249
Niacin	mg	0.495	0.036	21	0.426	0.846	2.245
Pantothenic acid	mg	0.411	0.019	8	0.353	0.703	1.864
Vitamin B_6	mg	0.100	0.006	8	0.086	0.171	0.454
Folacin	mcg	207.9	19.105	8	178.8	355.5	942.9
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	2			1	3	7
	IU	15			13	26	70
Lipids:							
Fatty acids:							
Saturated, total	g	0.138			0.119	0.236	0.626
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.000			0.000	0.000	0.000
14:0	g	0.001			0.001	0.002	0.005
16:0	g	0.106			0.091	0.181	0.481
18:0	g	0.022			0.019	0.038	0.100
Monounsaturated, total	g	0.044			0.038	0.075	0.200
16:1	g	0.002			0.002	0.003	0.009
18:1	g	0.036			0.031	0.062	0.163
20:1	g	0.001			0.001	0.002	0.005
22:1	g	0.005			0.004	0.009	0.023
Polyunsaturated, total	g	0.225			0.194	0.385	1.021
18:2	g	0.143			0.123	0.245	0.649
18:3	g	0.083			0.071	0.142	0.376
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.095			0.082	0.162	0.431
Threonine	g	0.294			0.253	0.503	1.334
Isoleucine	g	0.314			0.270	0.537	1.424
Leucine	g	0.592			0.509	1.012	2.685
Lysine	g	0.523			0.450	0.894	2.372
Methionine	g	0.110			0.095	0.188	0.499
Cystine	g	0.085			0.073	0.145	0.386
Phenylalanine	g	0.451			0.388	0.771	2.046
Tyrosine	g	0.250			0.215	0.428	1.134
Valine	g	0.368			0.316	0.629	1.669
Arginine	g	0.535			0.460	0.915	2.427
Histidine	g	0.240			0.206	0.410	1.089
Alanine	g	0.352			0.303	0.602	1.597
Aspartic acid	g	0.933			0.802	1.595	4.232
Glutamic acid	g	1.463			1.258	2.502	6.636
Glycine	g	0.319			0.274	0.545	1.447
Proline	g	0.347			0.298	0.593	1.574
Serine	g	0.387			0.333	0.662	1.755

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 2.6 g per 100 g.

COWPEAS, COMMON, Canned, plain[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 120 g	1 c = 240 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	79.63		6	95.56	191.11	361.21
Food energy	kcal	77			92	184	347
	kJ	320			384	768	1,452
Protein (N X 6.25)	g	4.74		6	5.69	11.37	21.49
Total lipid (fat)	g	0.55		5	0.66	1.32	2.50
Carbohydrate, total	g	13.63			16.35	32.71	61.82
Crude fiber	g	0.68		2	0.81	1.62	3.06
Ash	g	1.45		6	1.74	3.48	6.59
Minerals:							
Calcium	mg	20		6	24	48	90
Iron	mg	0.97		6	1.17	2.34	4.42
Magnesium	mg	28	7.550	2	33	66	125
Phosphorus	mg	70	24.500	2	83	167	315
Potassium	mg	172	18.502	3	206	413	780
Sodium	mg	299	15.962	3	359	718	1,358
Zinc	mg	0.70			0.84	1.68	3.18
Copper	mg	0.117			0.140	0.281	0.531
Manganese	mg	0.283			0.340	0.679	1.284
Vitamins:							
Ascorbic acid	mg	2.7		4	3.2	6.5	12.2
Thiamin	mg	0.076		6	0.091	0.182	0.345
Riboflavin	mg	0.074		6	0.089	0.178	0.336
Niacin	mg	0.354		6	0.425	0.850	1.606
Pantothenic acid	mg	0.190			0.228	0.456	0.862
Vitamin B_6	mg	0.045			0.054	0.108	0.204
Folacin	mcg	51.2			61.5	122.9	232.3
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	1		4	2	3	6
	IU	13		4	16	32	60
Lipids:							
Fatty acids:							
Saturated, total	g	0.144			0.173	0.346	0.653
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.000			0.000	0.000	0.000
14:0	g	0.001			0.001	0.002	0.005
16:0	g	0.111			0.133	0.266	0.503
18:0	g	0.023			0.028	0.055	0.104
Monounsaturated, total	g	0.046			0.055	0.110	0.209
16:1	g	0.002			0.002	0.005	0.009
18:1	g	0.038			0.046	0.091	0.172
20:1	g	0.001			0.001	0.002	0.005
22:1	g	0.005			0.006	0.012	0.023
Polyunsaturated, total	g	0.237			0.284	0.569	1.075
18:2	g	0.150			0.180	0.360	0.680
18:3	g	0.087			0.104	0.209	0.395
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.058			0.070	0.139	0.263
Threonine	g	0.180			0.216	0.432	0.816
Isoleucine	g	0.193			0.232	0.463	0.875
Leucine	g	0.363			0.436	0.871	1.647
Lysine	g	0.321			0.385	0.770	1.456
Methionine	g	0.067			0.080	0.161	0.304
Cystine	g	0.052			0.062	0.125	0.236
Phenylalanine	g	0.277			0.332	0.665	1.256
Tyrosine	g	0.153			0.184	0.367	0.694
Valine	g	0.226			0.271	0.542	1.025
Arginine	g	0.328			0.394	0.787	1.488
Histidine	g	0.147			0.176	0.353	0.667
Alanine	g	0.216			0.259	0.518	0.980
Aspartic acid	g	0.572			0.686	1.373	2.595
Glutamic acid	g	0.897			1.076	2.153	4.069
Glycine	g	0.196			0.235	0.470	0.889
Proline	g	0.213			0.256	0.511	0.966
Serine	g	0.237			0.284	0.569	1.075

[1] Values based on data for solids and liquid.

COWPEAS, COMMON, Canned, with pork

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 120 g	1 c = 240 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	77.59	0.282	34	93.11	186.22	351.96
Food energy	kcal	83			99	199	376
	kJ	347			416	833	1,573
Protein (N X 6.25)	g	2.74	0.048	34	3.29	6.59	12.45
Total lipid (fat)	g	1.60	0.065	34	1.91	3.83	7.23
Carbohydrate, total	g	16.53			19.84	39.68	74.99
Crude fiber	g	0.68		1	0.82	1.63	3.08
Ash	g	1.54	0.043	34	1.84	3.69	6.97
Minerals:							
Calcium	mg	17	0.845	33	21	41	78
Iron	mg	1.42	0.035	33	1.71	3.41	6.45
Magnesium	mg	43	0.570	30	52	104	196
Phosphorus	mg	96	2.308	30	116	231	437
Potassium	mg	178	5.712	31	213	427	807
Sodium	mg	350	12.206	33	420	840	1,588
Zinc	mg	1.04	0.034	30	1.24	2.49	4.70
Copper	mg	0.170	0.007	30	0.204	0.408	0.771
Manganese	mg	0.392	0.021	30	0.470	0.941	1.778
Vitamins:							
Ascorbic acid	mg	0.2	0.060	30	0.3	0.6	1.1
Thiamin	mg	0.063	0.004	34	0.076	0.151	0.286
Riboflavin	mg	0.050	0.002	34	0.060	0.120	0.227
Niacin	mg	0.431	0.014	34	0.517	1.034	1.955
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	0.01			0.02	0.03	0.06
Vitamin A	RE	0	0.000	30	0	0	0
	IU	0	0.000	30	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.605			0.726	1.452	2.744
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.001			0.001	0.002	0.005
12:0	g	0.003			0.004	0.007	0.014
14:0	g	0.020			0.024	0.048	0.091
16:0	g	0.374			0.449	0.898	1.696
18:0	g	0.201			0.241	0.482	0.912
Monounsaturated, total	g	0.656			0.787	1.574	2.976
16:1	g	0.039			0.047	0.094	0.177
18:1	g	0.603			0.724	1.447	2.735
20:1	g	0.015			0.018	0.036	0.068
22:1	g						
Polyunsaturated, total	g	0.229			0.275	0.550	1.039
18:2	g	0.190			0.228	0.456	0.862
18:3	g	0.039			0.047	0.094	0.177
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	7			8	17	31
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.034			0.041	0.082	0.154
Threonine	g	0.104			0.125	0.250	0.472
Isoleucine	g	0.112			0.134	0.269	0.508
Leucine	g	0.210			0.252	0.504	0.953
Lysine	g	0.186			0.223	0.446	0.844
Methionine	g	0.039			0.047	0.094	0.177
Cystine	g	0.030			0.036	0.072	0.136
Phenylalanine	g	0.160			0.192	0.384	0.726
Tyrosine	g	0.089			0.107	0.214	0.404
Valine	g	0.131			0.157	0.314	0.594
Arginine	g	0.190			0.228	0.456	0.862
Histidine	g	0.085			0.102	0.204	0.386
Alanine	g	0.125			0.150	0.300	0.567
Aspartic acid	g	0.331			0.397	0.794	1.501
Glutamic acid	g	0.519			0.623	1.246	2.354
Glycine	g	0.113			0.136	0.271	0.513
Proline	g	0.123			0.148	0.295	0.558
Serine	g	0.137			0.164	0.329	0.621

FALAFEL[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 patty[2] = 17 g[2]	3 patties = 51 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	34.62			5.89	17.66	157.04
Food energy	kcal	333			57	170	1,508
	kJ	1,391			237	710	6,310
Protein (N X6.25)	g	13.31			2.26	6.79	60.39
Total lipid (fat)	g	17.80			3.03	9.08	80.73
Carbohydrate, total	g	31.84			5.41	16.24	144.43
Crude fiber	g	1.07			0.18	0.55	4.87
Ash	g	2.43			0.41	1.24	11.01
Minerals:							
Calcium	mg	54			9	27	243
Iron	mg	3.42			0.58	1.74	15.49
Magnesium	mg	82			14	42	373
Phosphorus	mg	192			33	98	870
Potassium	mg	585			99	298	2,654
Sodium	mg	294			50	150	1,335
Zinc	mg	1.50			0.26	0.77	6.80
Copper	mg	0.258			0.044	0.132	1.170
Manganese	mg	0.691			0.117	0.352	3.134
Vitamins:							
Ascorbic acid	mg	1.6			0.3	0.8	7.3
Thiamin	mg	0.146			0.025	0.074	0.662
Riboflavin	mg	0.166			0.028	0.085	0.753
Niacin	mg	1.044			0.177	0.532	4.736
Pantothenic acid	mg	0.292			0.050	0.149	1.325
Vitamin B_6	mg	0.125			0.021	0.064	0.567
Folacin	mcg	77.6			13.2	39.6	351.9
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	1			0	1	6
	IU	13			2	7	59
Lipids:							
Fatty acids:							
Saturated, total	g	2.383			0.405	1.215	10.809
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.011			0.002	0.006	0.050
16:0	g	1.782			0.303	0.909	8.083
18:0	g	0.529			0.090	0.270	2.400
Monounsaturated, total	g	10.171			1.729	5.187	46.136
16:1	g	0.095			0.016	0.048	0.431
18:1	g	9.670			1.644	4.932	43.863
20:1	g	0.042			0.007	0.021	0.191
22:1	g						
Polyunsaturated, total	g	4.160			0.707	2.122	18.870
18:2	g	0.495			0.084	0.252	2.245
18:3	g	0.111			0.019	0.057	0.503
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.134			0.023	0.068	0.608
Threonine	g	0.492			0.084	0.251	2.232
Isoleucine	g	0.567			0.096	0.289	2.572
Leucine	g	0.944			0.160	0.481	4.282
Lysine	g	0.856			0.146	0.437	3.883
Methionine	g	0.187			0.032	0.095	0.848
Cystine	g	0.183			0.031	0.093	0.830
Phenylalanine	g	0.707			0.120	0.361	3.207
Tyrosine	g	0.339			0.058	0.173	1.538
Valine	g	0.562			0.096	0.287	2.549
Arginine	g	1.280			0.218	0.653	5.806
Histidine	g	0.364			0.062	0.186	1.651
Alanine	g	0.573			0.097	0.292	2.599
Aspartic acid	g	1.531			0.260	0.781	6.945
Glutamic acid	g	2.341			0.398	1.194	10.619
Glycine	g	0.567			0.096	0.289	2.572
Proline	g	0.545			0.093	0.278	2.472
Serine	g	0.667			0.113	0.340	3.026

[1] Recipe: Water, 48%; broadbeans, 34%; soybean oil, 11%; onions, 5%; flour, 0.8%; salt, 0.5%; garlic, 0.5%; coriander and cumin, 0.2%.
[2] Patty: 2-1/4-in diam.

HUMMUS[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/3 c = 82 g	1 c = 246 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64.91			53.22	159.67	294.41
Food energy	kcal	171			140	420	775
	kJ	715			586	1,758	3,242
Protein (N X6.25)	g	4.90			4.02	12.06	22.24
Total lipid (fat)	g	8.45			6.93	20.79	38.33
Carbohydrate, total	g	20.17			16.54	49.61	91.48
Crude fiber	g	1.35			1.11	3.33	6.14
Ash	g	1.57			1.29	3.87	7.14
Minerals:							
Calcium	mg	50			41	124	228
Iron	mg	1.57			1.29	3.87	7.13
Magnesium	mg	29			24	71	131
Phosphorus	mg	112			92	275	506
Potassium	mg	174			142	427	787
Sodium	mg	244			200	599	1,105
Zinc	mg	1.10			0.90	2.70	4.98
Copper	mg	0.228			0.187	0.561	1.034
Manganese	mg	0.569			0.467	1.400	2.581
Vitamins:							
Ascorbic acid	mg	7.9			6.4	19.3	35.6
Thiamin	mg	0.092			0.075	0.226	0.417
Riboflavin	mg	0.053			0.043	0.130	0.240
Niacin	mg	0.411			0.337	1.011	1.864
Pantothenic acid	mg	0.288			0.236	0.708	1.306
Vitamin B_6	mg	0.398			0.326	0.979	1.805
Folacin	mcg	59.4			48.7	146.1	269.3
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	2			2	6	11
	IU	25			20	61	112
Lipids:							
Fatty acids:							
Saturated, total	g	1.265			1.037	3.112	5.738
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.001			0.001	0.002	0.005
14:0	g	0.009			0.007	0.022	0.041
16:0	g	0.840			0.689	2.066	3.810
18:0	g	0.412			0.338	1.014	1.869
Monounsaturated, total	g	3.555			2.915	8.745	16.125
16:1	g	0.032			0.026	0.079	0.145
18:1	g	3.513			2.881	8.642	15.935
20:1	g						
22:1	g						
Polyunsaturated, total	g	3.180			2.608	7.823	14.424
18:2	g	2.960			2.427	7.282	13.427
18:3	g	0.221			0.181	0.544	1.002
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.047			0.039	0.116	0.213
Threonine	g	0.173			0.142	0.426	0.785
Isoleucine	g	0.198			0.162	0.487	0.898
Leucine	g	0.368			0.302	0.905	1.669
Lysine	g	0.312			0.256	0.768	1.415
Methionine	g	0.041			0.034	0.101	0.186
Cystine	g	0.063			0.052	0.155	0.286
Phenylalanine	g	0.207			0.170	0.509	0.939
Tyrosine	g	0.155			0.127	0.381	0.703
Valine	g	0.218			0.179	0.536	0.989
Arginine	g	0.451			0.370	1.109	2.046
Histidine	g	0.125			0.103	0.308	0.567
Alanine	g	0.201			0.165	0.494	0.912
Aspartic acid	g	0.545			0.447	1.341	2.472
Glutamic acid	g	0.841			0.690	2.069	3.815
Glycine	g	0.206			0.169	0.507	0.934
Proline	g	0.210			0.172	0.517	0.953
Serine	g	0.225			0.185	0.554	1.021

[1] Recipe: Chickpeas, 79%; lemon juice, 10%; tahini, 5%; olive oil, 5%; and garlic, 1%.

HYACINTH BEANS, Raw

Dolichos purpureus

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 105 g	1 c = 210 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	9.38	1.358	4	9.84	19.69	42.53
Food energy	kcal	344			362	723	1,562
	kJ	1,441			1,513	3,025	6,535
Protein (N X 6.25)	g	23.90	0.492	4	25.09	50.18	108.40
Total lipid (fat)	g	1.69	0.524	4	1.77	3.54	7.65
Carbohydrate, total	g	60.76			63.79	127.59	275.59
Crude fiber	g	7.15	0.518	4	7.51	15.02	32.44
Ash	g	4.29	0.381	4	4.50	9.00	19.44
Minerals:							
Calcium	mg	130	29.541	4	137	273	590
Iron	mg	5.10			5.36	10.71	23.13
Magnesium	mg	283	115.834	3	297	595	1,285
Phosphorus	mg	372	63.721	4	390	780	1,685
Potassium	mg	1,235	150.848	3	1,297	2,594	5,603
Sodium	mg	21	2.663	3	22	45	97
Zinc	mg	9.30		1	9.77	19.53	42.18
Copper	mg	1.335	0.065	2	1.402	2.804	6.056
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	1.130		1	1.187	2.373	5.126
Riboflavin	mg	0.136	0.023	6	0.143	0.286	0.617
Niacin	mg	1.610	0.610	2	1.691	3.381	7.303
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.199		5	0.209	0.418	0.903
Threonine	g	0.925		4	0.971	1.943	4.196
Isoleucine	g	1.143		4	1.200	2.400	5.185
Leucine	g	2.026		4	2.127	4.255	9.190
Lysine	g	1.632		5	1.714	3.427	7.403
Methionine	g	0.191		4	0.201	0.401	0.866
Cystine	g	0.279		3	0.293	0.586	1.266
Phenylalanine	g	1.204		4	1.264	2.528	5.461
Tyrosine	g	0.853		3	0.896	1.791	3.869
Valine	g	1.239		4	1.301	2.602	5.620
Arginine	g	1.755		4	1.843	3.686	7.961
Histidine	g	0.684		4	0.718	1.436	3.103
Alanine	g	1.067		3	1.120	2.241	4.840
Aspartic acid	g	2.821		3	2.962	5.924	12.796
Glutamic acid	g	3.880		3	4.074	8.148	17.600
Glycine	g	1.028		3	1.079	2.159	4.663
Proline	g	1.162		3	1.220	2.440	5.271
Serine	g	1.315		3	1.381	2.762	5.965

HYACINTH BEANS, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 97 g	1 c = 194 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	69.13			67.05	134.11	313.56
Food energy	kcal	117			114	228	532
	kJ	491			476	952	2,226
Protein (N X6.25)	g	8.14			7.90	15.79	36.93
Total lipid (fat)	g	0.58			0.56	1.12	2.61
Carbohydrate, total	g	20.70			20.08	40.15	93.89
Crude fiber	g	2.44			2.36	4.73	11.05
Ash	g	1.46			1.42	2.83	6.62
Minerals:							
Calcium	mg	40			39	77	181
Iron	mg	4.58			4.44	8.88	20.77
Magnesium	mg	82			80	159	372
Phosphorus	mg	120			117	233	545
Potassium	mg	337			327	653	1,527
Sodium	mg	7			7	13	31
Zinc	mg	2.85			2.77	5.53	12.93
Copper	mg	0.341			0.331	0.662	1.547
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.270			0.262	0.524	1.225
Riboflavin	mg	0.037			0.036	0.072	0.168
Niacin	mg	0.411			0.399	0.797	1.864
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.068			0.066	0.132	0.308
Threonine	g	0.315			0.306	0.611	1.429
Isoleucine	g	0.390			0.378	0.757	1.769
Leucine	g	0.691			0.670	1.341	3.134
Lysine	g	0.556			0.539	1.079	2.522
Methionine	g	0.065			0.063	0.126	0.295
Cystine	g	0.095			0.092	0.184	0.431
Phenylalanine	g	0.410			0.398	0.795	1.860
Tyrosine	g	0.291			0.282	0.565	1.320
Valine	g	0.422			0.409	0.819	1.914
Arginine	g	0.598			0.580	1.160	2.713
Histidine	g	0.233			0.226	0.452	1.057
Alanine	g	0.364			0.353	0.706	1.651
Aspartic acid	g	0.962			0.933	1.866	4.364
Glutamic acid	g	1.323			1.283	2.567	6.001
Glycine	g	0.351			0.340	0.681	1.592
Proline	g	0.396			0.384	0.768	1.796
Serine	g	0.448			0.435	0.869	2.032

LENTILS, Raw
Lens culinaris

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 96 g	1 c = 192 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	11.19	0.356	61	10.75	21.49	50.77
Food energy	kcal	338			324	649	1,532
	kJ	1,413			1,357	2,713	6,411
Protein (N X6.25)	g	28.06	2.904	60	26.94	53.87	127.28
Total lipid (fat)	g	0.96	0.059	59	0.92	1.85	4.36
Carbohydrate, total	g	57.09			54.81	109.61	258.96
Crude fiber[1]	g	5.20	0.277	36	4.99	9.99	23.60
Ash	g	2.70	0.042	58	2.59	5.17	12.22
Minerals:							
Calcium	mg	51	2.630	31	49	99	233
Iron	mg	9.02	0.373	31	8.66	17.32	40.92
Magnesium	mg	107	6.496	29	103	205	484
Phosphorus	mg	454	14.489	28	435	871	2,058
Potassium	mg	905	22.178	30	869	1,738	4,106
Sodium	mg	10	2.458	26	9	19	44
Zinc	mg	3.61	0.132	31	3.47	6.93	16.38
Copper	mg	0.852	0.029	31	0.818	1.636	3.865
Manganese	mg	1.429	0.059	28	1.372	2.744	6.482
Vitamins:							
Ascorbic acid	mg	6.2		2	6.0	11.9	28.1
Thiamin	mg	0.475	0.047	40	0.456	0.912	2.155
Riboflavin	mg	0.245	0.007	40	0.235	0.470	1.111
Niacin	mg	2.621	0.076	29	2.516	5.032	11.889
Pantothenic acid	mg	1.849	0.102	16	1.775	3.550	8.387
Vitamin B_6	mg	0.535	0.012	16	0.514	1.027	2.427
Folacin	mcg	432.8	28.031	16	415.5	831.0	1,963.2
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	4	0.543	16	4	7	18
	IU	39	5.431	16	37	75	177
Lipids:							
Fatty acids:							
Saturated, total	g	0.135			0.130	0.259	0.612
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.003			0.003	0.006	0.014
16:0	g	0.116			0.111	0.223	0.526
18:0	g	0.014			0.013	0.027	0.064
Monounsaturated, total	g	0.163			0.156	0.313	0.739
16:1	g	0.002			0.002	0.004	0.009
18:1	g	0.157			0.151	0.301	0.712
20:1	g	0.004			0.004	0.008	0.018
22:1	g						
Polyunsaturated, total	g	0.447			0.429	0.858	2.028
18:2	g	0.351			0.337	0.674	1.592
18:3	g	0.096			0.092	0.184	0.435
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.251		25	0.241	0.482	1.139
Threonine	g	1.006		32	0.966	1.932	4.563
Isoleucine	g	1.212		29	1.164	2.327	5.498
Leucine	g	2.034		29	1.953	3.905	9.226
Lysine	g	1.957		42	1.879	3.757	8.877
Methionine	g	0.238		58	0.228	0.457	1.080
Cystine	g	0.368		32	0.353	0.707	1.669
Phenylalanine	g	1.383		29	1.328	2.655	6.273
Tyrosine	g	0.750		26	0.720	1.440	3.402
Valine	g	1.392		29	1.336	2.673	6.314
Arginine	g	2.168		28	2.081	4.163	9.834
Histidine	g	0.790		28	0.758	1.517	3.583
Alanine	g	1.172		25	1.125	2.250	5.316
Aspartic acid	g	3.102		25	2.978	5.956	14.071
Glutamic acid	g	4.350		25	4.176	8.352	19.732
Glycine	g	1.140		25	1.094	2.189	5.171
Proline	g	1.172		25	1.125	2.250	5.316
Serine	g	1.293		25	1.241	2.483	5.865

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 11.4 g per 100 g.

LENTILS, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 99 g	1 c = 198 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	69.64	0.753	23	68.94	137.88	315.87
Food energy	kcal	116			115	231	528
	kJ	487			482	964	2,210
Protein (N X6.25)	g	9.02	0.191	23	8.93	17.87	40.93
Total lipid (fat)	g	0.38	0.014	22	0.37	0.74	1.71
Carbohydrate, total	g	20.14			19.94	39.87	91.35
Crude fiber[1]	g	2.76	0.049	12	2.73	5.46	12.51
Ash	g	0.83	0.040	22	0.82	1.63	3.74
Minerals:							
Calcium	mg	19	0.369	20	19	37	85
Iron	mg	3.33	0.239	20	3.30	6.59	15.10
Magnesium	mg	36	1.850	20	35	71	162
Phosphorus	mg	180	11.314	20	178	356	816
Potassium	mg	369	25.073	20	366	731	1,675
Sodium	mg	2	0.153	16	2	4	9
Zinc	mg	1.27	0.057	21	1.25	2.50	5.74
Copper	mg	0.251	0.011	21	0.248	0.497	1.139
Manganese	mg	0.494	0.009	20	0.489	0.978	2.241
Vitamins:							
Ascorbic acid	mg	1.5			1.5	2.9	6.7
Thiamin	mg	0.169	0.022	20	0.167	0.335	0.767
Riboflavin	mg	0.073	0.002	20	0.072	0.145	0.331
Niacin	mg	1.060	0.092	20	1.049	2.099	4.808
Pantothenic acid	mg	0.638	0.027	8	0.632	1.263	2.894
Vitamin B_6	mg	0.178	0.004	8	0.176	0.352	0.807
Folacin	mcg	180.8	6.984	8	178.9	357.9	819.9
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	1	0.166	8	1	2	3
	IU	8	1.662	8	8	15	34
Lipids:							
Fatty acids:							
Saturated, total	g	0.053			0.052	0.105	0.240
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001			0.001	0.002	0.005
16:0	g	0.045			0.045	0.089	0.204
18:0	g	0.005			0.005	0.010	0.023
Monounsaturated, total	g	0.064			0.063	0.127	0.290
16:1	g	0.001			0.001	0.002	0.005
18:1	g	0.061			0.060	0.121	0.277
20:1	g	0.002			0.002	0.004	0.009
22:1	g						
Polyunsaturated, total	g	0.175			0.173	0.347	0.794
18:2	g	0.137			0.136	0.271	0.621
18:3	g	0.037			0.037	0.073	0.168
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.081			0.080	0.160	0.367
Threonine	g	0.323			0.320	0.640	1.465
Isoleucine	g	0.390			0.386	0.772	1.769
Leucine	g	0.654			0.647	1.295	2.967
Lysine	g	0.630			0.624	1.247	2.858
Methionine	g	0.077			0.076	0.152	0.349
Cystine	g	0.118			0.117	0.234	0.535
Phenylalanine	g	0.445			0.441	0.881	2.019
Tyrosine	g	0.241			0.239	0.477	1.093
Valine	g	0.448			0.444	0.887	2.032
Arginine	g	0.697			0.690	1.380	3.162
Histidine	g	0.254			0.251	0.503	1.152
Alanine	g	0.377			0.373	0.746	1.710
Aspartic acid	g	0.998			0.988	1.976	4.527
Glutamic acid	g	1.399			1.385	2.770	6.346
Glycine	g	0.367			0.363	0.727	1.665
Proline	g	0.377			0.373	0.746	1.710
Serine	g	0.416			0.412	0.824	1.887

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 4.0 g per 100 g.

LIMA BEANS, LARGE, Raw

Phaseolus lunatus

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 89 g	1 c = 178 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	10.17	0.280	43	9.05	18.11	46.14
Food energy	kcal	338			301	602	1,534
	kJ	1,415			1,259	2,518	6,418
Protein (N X6.25)	g	21.46	0.144	49	19.10	38.20	97.34
Total lipid (fat)	g	0.69	0.034	48	0.61	1.22	3.12
Carbohydrate, total	g	63.38			56.41	112.81	287.48
Crude fiber[1]	g	6.34	0.399	30	5.64	11.28	28.74
Ash	g	4.30	0.093	46	3.83	7.66	19.52
Minerals:							
Calcium	mg	81	3.822	48	72	144	368
Iron	mg	7.51	0.167	47	6.68	13.36	34.05
Magnesium	mg	224		45	199	399	1,016
Phosphorus	mg	385	9.729	47	343	685	1,746
Potassium	mg	1,724		46	1,535	3,070	7,822
Sodium	mg	18		41	16	32	82
Zinc	mg	2.83	0.060	58	2.52	5.04	12.84
Copper	mg	0.740	0.022	58	0.659	1.317	3.357
Manganese	mg	1.672	0.073	28	1.488	2.976	7.584
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.507	0.033	32	0.451	0.902	2.300
Riboflavin	mg	0.202	0.010	36	0.180	0.360	0.916
Niacin	mg	1.537	0.046	32	1.368	2.736	6.972
Pantothenic acid	mg	1.355	0.084	16	1.206	2.412	6.146
Vitamin B_6	mg	0.512		17	0.456	0.911	2.322
Folacin	mcg	395.1	13.753	16	351.6	703.2	1,792.0
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.161			0.143	0.287	0.730
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.000			0.000	0.000	0.000
14:0	g	0.002			0.002	0.004	0.009
16:0	g	0.118			0.105	0.210	0.535
18:0	g	0.032			0.028	0.057	0.145
Monounsaturated, total	g	0.062			0.055	0.110	0.281
16:1	g	0.004			0.004	0.007	0.018
18:1	g	0.052			0.046	0.093	0.236
20:1	g	0.000			0.000	0.000	0.000
22:1	g	0.004			0.004	0.007	0.018
Polyunsaturated, total	g	0.309			0.275	0.550	1.402
18:2	g	0.215			0.191	0.383	0.975
18:3	g	0.095			0.085	0.169	0.431
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.254		11	0.226	0.452	1.152
Threonine	g	0.927		30	0.825	1.650	4.205
Isoleucine	g	1.129		30	1.005	2.010	5.121
Leucine	g	1.850		30	1.647	3.293	8.392
Lysine	g	1.438		30	1.280	2.560	6.523
Methionine	g	0.271		32	0.241	0.482	1.229
Cystine	g	0.237		14	0.211	0.422	1.075
Phenylalanine	g	1.236		30	1.100	2.200	5.606
Tyrosine	g	0.759		30	0.676	1.351	3.443
Valine	g	1.291		30	1.149	2.298	5.856
Arginine	g	1.315		30	1.170	2.341	5.965
Histidine	g	0.656		30	0.584	1.168	2.976
Alanine	g	1.095		30	0.975	1.949	4.967
Aspartic acid	g	2.767		30	2.463	4.925	12.551
Glutamic acid	g	3.038		30	2.704	5.408	13.780
Glycine	g	0.906		30	0.806	1.613	4.110
Proline	g	0.975		30	0.868	1.736	4.423
Serine	g	1.428		30	1.271	2.542	6.477

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 11.1 g per 100 g.

LIMA BEANS, LARGE, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 94 g	1 c = 188 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	69.79	0.370	20	65.60	131.20	316.54
Food energy	kcal	115			108	217	523
	kJ	482			453	906	2,187
Protein (N X 6.25)	g	7.80	0.164	22	7.33	14.67	35.39
Total lipid (fat)	g	0.38	0.016	22	0.36	0.71	1.72
Carbohydrate, total	g	20.89			19.63	39.26	94.73
Crude fiber[1]	g	3.09	0.161	14	2.90	5.80	14.00
Ash	g	1.15	0.022	22	1.08	2.16	5.22
Minerals:							
Calcium	mg	17	0.602	29	16	32	77
Iron	mg	2.39	0.154	30	2.25	4.50	10.85
Magnesium	mg	43	1.435	30	41	82	197
Phosphorus	mg	111	3.771	29	104	208	502
Potassium	mg	508	14.604	30	478	955	2,305
Sodium	mg	2	0.364	23	2	4	9
Zinc	mg	0.95	0.018	36	0.89	1.79	4.32
Copper	mg	0.235	0.009	36	0.221	0.442	1.066
Manganese	mg	0.516	0.015	30	0.485	0.970	2.341
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.161	0.009	22	0.151	0.303	0.730
Riboflavin	mg	0.055	0.003	22	0.052	0.103	0.249
Niacin	mg	0.421	0.018	22	0.396	0.791	1.910
Pantothenic acid	mg	0.422	0.012	8	0.397	0.793	1.914
Vitamin B_6	mg	0.161	0.005	8	0.151	0.303	0.730
Folacin	mcg	83.1	6.583	8	78.1	156.3	377.1
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.089			0.084	0.167	0.404
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.000			0.000	0.000	0.000
14:0	g	0.001			0.001	0.002	0.005
16:0	g	0.065			0.061	0.122	0.295
18:0	g	0.018			0.017	0.034	0.082
Monounsaturated, total	g	0.034			0.032	0.064	0.154
16:1	g	0.002			0.002	0.004	0.009
18:1	g	0.029			0.027	0.055	0.132
20:1	g	0.000			0.000	0.000	0.000
22:1	g	0.002			0.002	0.004	0.009
Polyunsaturated, total	g	0.171			0.161	0.321	0.776
18:2	g	0.118			0.111	0.222	0.535
18:3	g	0.052			0.049	0.098	0.236
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.092			0.086	0.173	0.417
Threonine	g	0.337			0.317	0.634	1.529
Isoleucine	g	0.411			0.386	0.773	1.864
Leucine	g	0.673			0.633	1.265	3.053
Lysine	g	0.523			0.492	0.983	2.372
Methionine	g	0.099			0.093	0.186	0.449
Cystine	g	0.086			0.081	0.162	0.390
Phenylalanine	g	0.449			0.422	0.844	2.037
Tyrosine	g	0.276			0.259	0.519	1.252
Valine	g	0.469			0.441	0.882	2.127
Arginine	g	0.478			0.449	0.899	2.168
Histidine	g	0.238			0.224	0.447	1.080
Alanine	g	0.398			0.374	0.748	1.805
Aspartic acid	g	1.006			0.946	1.891	4.563
Glutamic acid	g	1.104			1.038	2.076	5.008
Glycine	g	0.329			0.309	0.619	1.492
Proline	g	0.354			0.333	0.666	1.606
Serine	g	0.519			0.488	0.976	2.354

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 3.3 g per 100 g.

LIMA BEANS, LARGE, Canned[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 120 g	1 c = 241 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	77.08		13	92.50	185.77	349.65
Food energy	kcal	79			95	191	359
	kJ	331			397	798	1,502
Protein (N X 6.25)	g	4.93		7	5.91	11.87	22.34
Total lipid (fat)	g	0.17		7	0.20	0.40	0.75
Carbohydrate, total	g	14.91			17.89	35.94	67.64
Crude fiber	g	1.23		2	1.48	2.96	5.58
Ash	g	2.92		7	3.50	7.03	13.22
Minerals:							
Calcium	mg	21		13	25	50	94
Iron	mg	1.81		13	2.17	4.35	8.19
Magnesium	mg	39		1	47	94	177
Phosphorus	mg	74		1	89	178	336
Potassium	mg	220	15.677	6	264	531	999
Sodium	mg	336	9.635	6	403	809	1,523
Zinc	mg	0.65			0.78	1.57	2.95
Copper	mg	0.180	0.017	6	0.216	0.434	0.816
Manganese	mg	0.363			0.436	0.875	1.647
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.055		7	0.066	0.133	0.249
Riboflavin	mg	0.034		7	0.041	0.082	0.154
Niacin	mg	0.261		6	0.313	0.629	1.184
Pantothenic acid	mg	0.259			0.311	0.624	1.175
Vitamin B_6	mg	0.091			0.109	0.219	0.413
Folacin	mcg	50.4			60.5	121.4	228.6
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.039			0.047	0.094	0.177
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.000			0.000	0.000	0.000
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.028			0.034	0.067	0.127
18:0	g	0.008			0.010	0.019	0.036
Monounsaturated, total	g	0.015			0.018	0.036	0.068
16:1	g	0.001			0.001	0.002	0.005
18:1	g	0.012			0.014	0.029	0.054
20:1	g	0.000			0.000	0.000	0.000
22:1	g	0.001			0.001	0.002	0.005
Polyunsaturated, total	g	0.074			0.089	0.178	0.336
18:2	g	0.052			0.062	0.125	0.236
18:3	g	0.023			0.028	0.055	0.104
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.058			0.070	0.140	0.263
Threonine	g	0.213			0.256	0.513	0.966
Isoleucine	g	0.259			0.311	0.624	1.175
Leucine	g	0.425			0.510	1.024	1.928
Lysine	g	0.330			0.396	0.795	1.497
Methionine	g	0.062			0.074	0.149	0.281
Cystine	g	0.054			0.065	0.130	0.245
Phenylalanine	g	0.284			0.341	0.684	1.288
Tyrosine	g	0.174			0.209	0.419	0.789
Valine	g	0.296			0.355	0.713	1.343
Arginine	g	0.302			0.362	0.728	1.370
Histidine	g	0.151			0.181	0.364	0.685
Alanine	g	0.251			0.301	0.605	1.139
Aspartic acid	g	0.635			0.762	1.530	2.880
Glutamic acid	g	0.697			0.836	1.680	3.162
Glycine	g	0.208			0.250	0.501	0.943
Proline	g	0.224			0.269	0.540	1.016
Serine	g	0.328			0.394	0.790	1.488

[1] Values based on data for solids and liquid.

LIMA BEANS, BABY, Raw
Phaseolus lunatus

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 101 g	1 c = 202 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	12.07	0.233	29	12.19	24.39	54.76
Food energy	kcal	335			338	677	1,520
	kJ	1,402			1,416	2,832	6,359
Protein (N X 6.25)	g	20.62	0.216	29	20.83	41.65	93.53
Total lipid (fat)	g	0.93	0.028	29	0.94	1.89	4.24
Carbohydrate, total	g	62.83			63.45	126.91	284.98
Crude fiber[1]	g	5.71	0.334	13	5.76	11.52	25.88
Ash	g	3.55	0.052	29	3.58	7.17	16.10
Minerals:							
Calcium	mg	81	2.016	25	81	163	366
Iron	mg	6.19	0.230	25	6.25	12.50	28.06
Magnesium	mg	188	6.231	25	190	380	854
Phosphorus	mg	370	6.724	25	374	747	1,678
Potassium	mg	1,403	53.679	25	1,417	2,834	6,364
Sodium	mg	13	3.713	21	13	26	58
Zinc	mg	2.60	0.052	25	2.63	5.26	11.80
Copper	mg	0.665	0.027	25	0.672	1.343	3.016
Manganese	mg	1.686	0.027	25	1.703	3.406	7.648
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.574	0.027	29	0.580	1.159	2.604
Riboflavin	mg	0.218	0.018	29	0.220	0.440	0.989
Niacin	mg	1.712	0.070	29	1.729	3.458	7.766
Pantothenic acid	mg	1.265	0.090	16	1.278	2.555	5.738
Vitamin B_6	mg	0.327	0.010	16	0.330	0.661	1.483
Folacin	mcg	400.2	20.866	16	404.2	808.4	1,815.2
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0	0.183	8	1	1	2
	IU	5	1.825	8	5	10	23
Lipids:							
Fatty acids:							
Saturated, total	g	0.219			0.221	0.442	0.993
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.000			0.000	0.000	0.000
14:0	g	0.003			0.003	0.006	0.014
16:0	g	0.161			0.163	0.325	0.730
18:0	g	0.043			0.043	0.087	0.195
Monounsaturated, total	g	0.084			0.085	0.170	0.381
16:1	g	0.006			0.006	0.012	0.027
18:1	g	0.071			0.072	0.143	0.322
20:1	g	0.001			0.001	0.002	0.005
22:1	g	0.006			0.006	0.012	0.027
Polyunsaturated, total	g	0.420			0.424	0.848	1.905
18:2	g	0.292			0.295	0.590	1.325
18:3	g	0.129			0.130	0.261	0.585
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.244			0.246	0.493	1.107
Threonine	g	0.891			0.900	1.800	4.042
Isoleucine	g	1.085			1.096	2.192	4.922
Leucine	g	1.778			1.796	3.592	8.065
Lysine	g	1.382			1.396	2.792	6.269
Methionine	g	0.261			0.264	0.527	1.184
Cystine	g	0.228			0.230	0.461	1.034
Phenylalanine	g	1.188			1.200	2.400	5.389
Tyrosine	g	0.729			0.736	1.473	3.307
Valine	g	1.240			1.252	2.505	5.625
Arginine	g	1.264			1.277	2.553	5.734
Histidine	g	0.630			0.636	1.273	2.858
Alanine	g	1.052			1.063	2.125	4.772
Aspartic acid	g	2.659			2.686	5.371	12.061
Glutamic acid	g	2.920			2.949	5.898	13.245
Glycine	g	0.871			0.880	1.759	3.951
Proline	g	0.937			0.946	1.893	4.250
Serine	g	1.372			1.386	2.771	6.223

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 10.0 g per 100 g.

LIMA BEANS, BABY, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 91 g	1 c = 182 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	67.15	0.711	20	61.11	122.22	304.60
Food energy	kcal	126			115	229	571
	kJ	527			479	959	2,390
Protein (N X 6.25)	g	8.04	0.149	21	7.32	14.64	36.48
Total lipid (fat)	g	0.38	0.016	21	0.34	0.68	1.71
Carbohydrate, total	g	23.31			21.21	42.43	105.74
Crude fiber[1]	g	3.59	0.165	13	3.27	6.54	16.29
Ash	g	1.12	0.049	21	1.02	2.04	5.08
Minerals:							
Calcium	mg	29	0.844	21	26	52	130
Iron	mg	2.40	0.088	21	2.18	4.36	10.87
Magnesium	mg	53	3.390	21	49	97	242
Phosphorus	mg	127	1.460	21	116	231	576
Potassium	mg	401	21.573	21	365	729	1,817
Sodium	mg	3	0.450	17	2	5	12
Zinc	mg	1.03	0.025	21	0.93	1.87	4.65
Copper	mg	0.215	0.012	20	0.196	0.391	0.975
Manganese	mg	0.585	0.008	21	0.532	1.065	2.654
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.161	0.007	21	0.147	0.293	0.730
Riboflavin	mg	0.055	0.002	21	0.050	0.100	0.249
Niacin	mg	0.660	0.054	21	0.601	1.201	2.994
Pantothenic acid	mg	0.472	0.013	8	0.430	0.859	2.141
Vitamin B_6	mg	0.078	0.005	8	0.071	0.142	0.354
Folacin	mcg	149.9	6.055	8	136.4	272.8	679.8
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0	0.020	8	0	0	0
	IU	0	0.196	8	0	0	1
Lipids:							
Fatty acids:							
Saturated, total	g	0.088			0.080	0.160	0.399
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.000			0.000	0.000	0.000
14:0	g	0.001			0.001	0.002	0.005
16:0	g	0.065			0.059	0.118	0.295
18:0	g	0.017			0.015	0.031	0.077
Monounsaturated, total	g	0.034			0.031	0.062	0.154
16:1	g	0.002			0.002	0.004	0.009
18:1	g	0.028			0.025	0.051	0.127
20:1	g	0.000			0.000	0.000	0.000
22:1	g	0.002			0.002	0.004	0.009
Polyunsaturated, total	g	0.169			0.154	0.308	0.767
18:2	g	0.117			0.106	0.213	0.531
18:3	g	0.052			0.047	0.095	0.236
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.095			0.086	0.173	0.431
Threonine	g	0.347			0.316	0.632	1.574
Isoleucine	g	0.423			0.385	0.770	1.919
Leucine	g	0.694			0.632	1.263	3.148
Lysine	g	0.539			0.490	0.981	2.445
Methionine	g	0.102			0.093	0.186	0.463
Cystine	g	0.089			0.081	0.162	0.404
Phenylalanine	g	0.463			0.421	0.843	2.100
Tyrosine	g	0.284			0.258	0.517	1.288
Valine	g	0.484			0.440	0.881	2.195
Arginine	g	0.493			0.449	0.897	2.236
Histidine	g	0.246			0.224	0.448	1.116
Alanine	g	0.411			0.374	0.748	1.864
Aspartic acid	g	1.037			0.944	1.887	4.704
Glutamic acid	g	1.139			1.036	2.073	5.167
Glycine	g	0.340			0.309	0.619	1.542
Proline	g	0.366			0.333	0.666	1.660
Serine	g	0.535			0.487	0.974	2.427

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 4.3 g per 100 g.

LUPINS, Raw
Lupinus albus

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 90 g	1 c = 180 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	10.44		11	9.39	18.79	47.34
Food energy	kcal	371			334	668	1,685
	kJ	1,554			1,398	2,797	7,048
Protein (N X6.25)	g	36.17		12	32.55	65.10	164.06
Total lipid (fat)	g	9.74		8	8.77	17.54	44.19
Carbohydrate, total	g	40.38			36.34	72.68	183.15
Crude fiber	g	13.77		11	12.39	24.79	62.47
Ash	g	3.28		12	2.95	5.90	14.86
Minerals:							
Calcium	mg	176		5	158	317	798
Iron	mg	4.36		5	3.93	7.85	19.79
Magnesium	mg	198		4	178	356	896
Phosphorus	mg	440		1	396	792	1,997
Potassium	mg	1,013		4	912	1,824	4,596
Sodium	mg	15		4	13	26	66
Zinc	mg	4.75		4	4.27	8.54	21.52
Copper	mg	1.022	0.070	18	0.920	1.840	4.636
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.640		1	0.576	1.152	2.903
Riboflavin	mg	0.220		1	0.198	0.396	0.998
Niacin	mg	2.190		1	1.971	3.942	9.934
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	1.156			1.040	2.081	5.244
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.008			0.007	0.014	0.036
14:0	g	0.013			0.012	0.023	0.059
16:0	g	0.742			0.668	1.336	3.366
18:0	g	0.316			0.284	0.569	1.433
Monounsaturated, total	g	3.940			3.546	7.092	17.872
16:1	g	0.034			0.031	0.061	0.154
18:1	g	3.558			3.202	6.404	16.139
20:1	g	0.255			0.230	0.459	1.157
22:1	g	0.093			0.084	0.167	0.422
Polyunsaturated, total	g	2.439			2.195	4.390	11.063
18:2	g	1.995			1.796	3.591	9.049
18:3	g	0.446			0.401	0.803	2.023
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.289		11	0.260	0.520	1.311
Threonine	g	1.331		32	1.198	2.396	6.037
Isoleucine	g	1.615		32	1.454	2.907	7.326
Leucine	g	2.743		32	2.469	4.937	12.442
Lysine	g	1.933		32	1.740	3.479	8.768
Methionine	g	0.255		25	0.230	0.459	1.157
Cystine	g	0.446		16	0.401	0.803	2.023
Phenylalanine	g	1.435		28	1.292	2.583	6.509
Tyrosine	g	1.360		26	1.224	2.448	6.169
Valine	g	1.510		32	1.359	2.718	6.849
Arginine	g	3.877		25	3.489	6.979	17.586
Histidine	g	1.030		26	0.927	1.854	4.672
Alanine	g	1.296		23	1.166	2.333	5.879
Aspartic acid	g	3.877		23	3.489	6.979	17.586
Glutamic acid	g	8.686		23	7.817	15.635	39.400
Glycine	g	1.539		24	1.385	2.770	6.981
Proline	g	1.476		23	1.328	2.657	6.695
Serine	g	1.869		24	1.682	3.364	8.478

LUPINS, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 83 g	1 c = 166 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71.08	0.589	3	59.00	118.00	322.43
Food energy	kcal	119			98	197	538
	kJ	496			412	824	2,252
Protein (N X 6.25)	g	15.57	0.238	3	12.92	25.84	70.62
Total lipid (fat)	g	2.92	0.196	3	2.42	4.84	13.23
Carbohydrate, total	g	9.88			8.20	16.40	44.82
Crude fiber	g	0.67	0.049	3	0.55	1.11	3.03
Ash	g	0.55	0.029	3	0.46	0.91	2.49
Minerals:							
Calcium	mg	51			42	85	232
Iron	mg	1.20			0.99	1.99	5.43
Magnesium	mg	54			45	90	246
Phosphorus	mg	128			106	212	580
Potassium	mg	245			204	407	1,113
Sodium	mg	4			3	7	19
Zinc	mg	1.38			1.14	2.29	6.26
Copper	mg	0.231			0.192	0.383	1.048
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.134			0.111	0.222	0.608
Riboflavin	mg	0.053			0.044	0.088	0.240
Niacin	mg	0.495			0.411	0.822	2.245
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.346			0.287	0.574	1.569
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.002			0.002	0.003	0.009
14:0	g	0.004			0.003	0.007	0.018
16:0	g	0.222			0.184	0.369	1.007
18:0	g	0.095			0.079	0.158	0.431
Monounsaturated, total	g	1.180			0.979	1.959	5.352
16:1	g	0.010			0.008	0.017	0.045
18:1	g	1.065			0.884	1.768	4.831
20:1	g	0.076			0.063	0.126	0.345
22:1	g	0.028			0.023	0.046	0.127
Polyunsaturated, total	g	0.730			0.606	1.212	3.311
18:2	g	0.597			0.496	0.991	2.708
18:3	g	0.134			0.111	0.222	0.608
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.125			0.104	0.208	0.567
Threonine	g	0.573			0.476	0.951	2.599
Isoleucine	g	0.695			0.577	1.154	3.153
Leucine	g	1.181			0.980	1.960	5.357
Lysine	g	0.832			0.691	1.381	3.774
Methionine	g	0.110			0.091	0.183	0.499
Cystine	g	0.192			0.159	0.319	0.871
Phenylalanine	g	0.618			0.513	1.026	2.803
Tyrosine	g	0.585			0.486	0.971	2.654
Valine	g	0.650			0.540	1.079	2.948
Arginine	g	1.669			1.385	2.771	7.571
Histidine	g	0.443			0.368	0.735	2.009
Alanine	g	0.558			0.463	0.926	2.531
Aspartic acid	g	1.669			1.385	2.771	7.571
Glutamic acid	g	3.739			3.103	6.207	16.960
Glycine	g	0.663			0.550	1.101	3.007
Proline	g	0.635			0.527	1.054	2.880
Serine	g	0.805			0.668	1.336	3.651

MOTHBEANS, Raw
Vigna aconitifolia

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 98 g	1 c = 196 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	9.68	0.667	5	9.49	18.98	43.92
Food energy	kcal	343			337	673	1,558
	kJ	1,437			1,408	2,816	6,517
Protein (N X6.25)	g	22.94	0.212	5	22.48	44.95	104.03
Total lipid (fat)	g	1.61	0.605	2	1.57	3.15	7.28
Carbohydrate, total	g	61.52			60.29	120.57	279.04
Crude fiber	g	3.96	0.445	2	3.88	7.75	17.94
Ash	g	4.26	0.228	5	4.18	8.35	19.33
Minerals:							
Calcium	mg	150	14.044	5	147	294	681
Iron	mg	10.85	2.040	5	10.63	21.26	49.21
Magnesium	mg	381	67.277	5	373	746	1,727
Phosphorus	mg	489	52.785	5	479	959	2,219
Potassium	mg	1,191	94.500	2	1,167	2,333	5,400
Sodium	mg	30		1	29	58	134
Zinc	mg	1.92		1	1.88	3.76	8.71
Copper	mg	0.688	0.162	2	0.674	1.348	3.121
Manganese	mg	1.820		1	1.784	3.567	8.256
Vitamins:							
Ascorbic acid	mg	4.0		1	3.9	7.8	18.1
Thiamin	mg	0.562		1	0.551	1.102	2.549
Riboflavin	mg	0.091		1	0.089	0.178	0.413
Niacin	mg	2.800		1	2.744	5.488	12.701
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	3		1	3	6	15
	IU	32		1	31	63	145
Lipids:							
Fatty acids:							
Saturated, total	g	0.364			0.357	0.713	1.651
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.313			0.307	0.613	1.420
18:0	g	0.051			0.050	0.100	0.231
Monounsaturated, total	g	0.129			0.126	0.253	0.585
16:1	g						
18:1	g	0.129			0.126	0.253	0.585
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.750			0.735	1.470	3.402
18:2	g	0.485			0.475	0.951	2.200
18:3	g	0.265			0.260	0.519	1.202
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.147		1	0.144	0.288	0.667
Threonine	g						
Isoleucine	g	1.138		1	1.115	2.230	5.162
Leucine	g	1.541		1	1.510	3.020	6.990
Lysine	g	1.248		1	1.223	2.446	5.661
Methionine	g	0.220		2	0.216	0.431	0.998
Cystine	g	0.117		2	0.115	0.229	0.531
Phenylalanine	g	1.028		1	1.007	2.015	4.663
Tyrosine	g						
Valine	g	0.734		1	0.719	1.439	3.329
Arginine	g						
Histidine	g	0.771		1	0.756	1.511	3.497
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

MOTHBEANS, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 88 g	1 c = 177 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	69.23			60.92	122.54	314.04
Food energy	kcal	117			103	207	531
	kJ	489			431	866	2,220
Protein (N X6.25)	g	7.81			6.88	13.83	35.44
Total lipid (fat)	g	0.55			0.48	0.97	2.48
Carbohydrate, total	g	20.96			18.44	37.09	95.06
Crude fiber	g	1.35			1.19	2.38	6.11
Ash	g	1.45			1.28	2.57	6.59
Minerals:							
Calcium	mg	3			3	6	14
Iron	mg	3.14			2.76	5.56	14.25
Magnesium	mg	104			91	184	471
Phosphorus	mg	150			132	265	680
Potassium	mg	304			268	538	1,380
Sodium	mg	10			8	17	43
Zinc	mg	0.59			0.52	1.04	2.67
Copper	mg	0.164			0.144	0.290	0.744
Manganese	mg	0.527			0.464	0.933	2.390
Vitamins:							
Ascorbic acid	mg	1.0			0.8	1.7	4.3
Thiamin	mg	0.124			0.109	0.219	0.562
Riboflavin	mg	0.023			0.020	0.041	0.104
Niacin	mg	0.668			0.588	1.182	3.030
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	1			1	2	4
	IU	10			9	17	45
Lipids:							
Fatty acids:							
Saturated, total	g	0.124			0.109	0.219	0.562
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.107			0.094	0.189	0.485
18:0	g	0.017			0.015	0.030	0.077
Monounsaturated, total	g	0.044			0.039	0.078	0.200
16:1	g						
18:1	g	0.044			0.039	0.078	0.200
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.256			0.225	0.453	1.161
18:2	g	0.165			0.145	0.292	0.748
18:3	g	0.090			0.079	0.159	0.408
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.050			0.044	0.089	0.227
Threonine	g						
Isoleucine	g	0.388			0.341	0.687	1.760
Leucine	g	0.525			0.462	0.929	2.381
Lysine	g	0.425			0.374	0.752	1.928
Methionine	g	0.075			0.066	0.133	0.340
Cystine	g	0.040			0.035	0.071	0.181
Phenylalanine	g	0.350			0.308	0.620	1.588
Tyrosine	g						
Valine	g	0.250			0.220	0.443	1.134
Arginine	g						
Histidine	g	0.263			0.231	0.466	1.193
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

MUNG BEANS, Raw

Vigna radiata

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 104 g	1 c = 207 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	9.05	0.439	60	9.42	18.74	41.07
Food energy	kcal	347			361	719	1,575
	kJ	1,453			1,511	3,008	6,591
Protein (N X 6.25)	g	23.86	0.371	82	24.81	49.39	108.23
Total lipid (fat)	g	1.15	0.144	65	1.20	2.39	5.23
Carbohydrate, total	g	62.62			65.12	129.62	284.03
Crude fiber[1]	g	5.27	0.775	27	5.48	10.92	23.92
Ash	g	3.32	0.099	58	3.45	6.87	15.05
Minerals:							
Calcium	mg	132	13.660	49	137	273	599
Iron	mg	6.74	0.872	55	7.01	13.94	30.55
Magnesium	mg	189	11.294	29	196	391	857
Phosphorus	mg	367	7.089	48	381	759	1,663
Potassium	mg	1,246	42.146	18	1,296	2,579	5,652
Sodium	mg	15	2.113	12	15	30	66
Zinc	mg	2.68	0.117	26	2.78	5.54	12.13
Copper	mg	0.941	0.044	21	0.979	1.948	4.268
Manganese	mg	1.035	0.076	19	1.076	2.142	4.695
Vitamins:							
Ascorbic acid	mg	4.8		5	4.9	9.8	21.6
Thiamin	mg	0.621	0.076	19	0.646	1.285	2.817
Riboflavin	mg	0.233	0.024	25	0.242	0.482	1.057
Niacin	mg	2.251	0.193	18	2.341	4.660	10.211
Pantothenic acid	mg	1.910	0.046	8	1.986	3.954	8.664
Vitamin B_6	mg	0.382	0.012	18	0.397	0.791	1.733
Folacin	mcg	624.9	42.927	8	649.9	1,293.5	2,834.4
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	11	1.499	11	12	24	52
	IU	114	14.986	11	118	235	516
Lipids:							
Fatty acids:							
Saturated, total	g	0.348			0.362	0.720	1.579
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.250			0.260	0.518	1.134
18:0	g	0.071			0.074	0.147	0.322
Monounsaturated, total	g	0.161			0.167	0.333	0.730
16:1	g						
18:1	g	0.161			0.167	0.333	0.730
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.384			0.399	0.795	1.742
18:2	g	0.357			0.371	0.739	1.619
18:3	g	0.027			0.028	0.056	0.122
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg	23			24	48	104
Amino acids:							
Tryptophan	g	0.260		61	0.270	0.538	1.179
Threonine	g	0.782		51	0.813	1.619	3.547
Isoleucine	g	1.008		46	1.048	2.087	4.572
Leucine	g	1.847		46	1.921	3.823	8.378
Lysine	g	1.664		383	1.731	3.444	7.548
Methionine	g	0.286		423	0.297	0.592	1.297
Cystine	g	0.210		30	0.218	0.435	0.953
Phenylalanine	g	1.443		46	1.501	2.987	6.545
Tyrosine	g	0.714		26	0.743	1.478	3.239
Valine	g	1.237		46	1.286	2.561	5.611
Arginine	g	1.672		44	1.739	3.461	7.584
Histidine	g	0.695		44	0.723	1.439	3.153
Alanine	g	1.050		21	1.092	2.174	4.763
Aspartic acid	g	2.756		21	2.866	5.705	12.501
Glutamic acid	g	4.264		21	4.435	8.826	19.342
Glycine	g	0.954		21	0.992	1.975	4.327
Proline	g	1.095		19	1.139	2.267	4.967
Serine	g	1.176		21	1.223	2.434	5.334

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 9.6 g per 100 g.

MUNG BEANS, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 101 g	1 c = 202 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72.66	0.326	9	73.38	146.77	329.57
Food energy	kcal	105			107	213	479
	kJ	441			446	892	2,002
Protein (N X6.25)	g	7.02	0.144	9	7.09	14.19	31.86
Total lipid (fat)	g	0.38	0.027	9	0.39	0.78	1.74
Carbohydrate, total	g	19.14			19.34	38.67	86.84
Crude fiber.[1]	g	0.46		1	0.46	0.93	2.09
Ash	g	0.79	0.007	9	0.80	1.60	3.60
Minerals:							
Calcium	mg	27	0.554	9	27	55	123
Iron	mg	1.40	0.267	9	1.42	2.83	6.36
Magnesium	mg	48	1.458	9	48	97	217
Phosphorus	mg	99	1.311	9	100	201	451
Potassium	mg	266	6.529	9	268	536	1,205
Sodium	mg	2	0.952	5	2	4	8
Zinc	mg	0.84	0.037	8	0.85	1.70	3.81
Copper	mg	0.156	0.023	8	0.158	0.315	0.708
Manganese	mg	0.298	0.025	8	0.301	0.602	1.352
Vitamins:							
Ascorbic acid	mg	1.0			1.0	2.0	4.5
Thiamin	mg	0.164	0.006	8	0.166	0.331	0.744
Riboflavin	mg	0.061	0.000	8	0.062	0.123	0.277
Niacin	mg	0.577	0.079	8	0.583	1.166	2.617
Pantothenic acid	mg	0.410	0.010	8	0.414	0.828	1.860
Vitamin B_6	mg	0.067	0.003	8	0.068	0.135	0.304
Folacin	mcg	158.8	11.848	8	160.3	320.7	720.1
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	2	0.357	8	2	5	11
	IU	24	3.570	8	24	48	109
Lipids:							
Fatty acids:							
Saturated, total	g	0.116			0.117	0.234	0.526
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.083			0.084	0.168	0.376
18:0	g	0.024			0.024	0.048	0.109
Monounsaturated, total	g	0.054			0.055	0.109	0.245
16:1	g						
18:1	g	0.054			0.055	0.109	0.245
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.128			0.129	0.259	0.581
18:2	g	0.119			0.120	0.240	0.540
18:3	g	0.009			0.009	0.018	0.041
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.076			0.077	0.154	0.345
Threonine	g	0.230			0.232	0.465	1.043
Isoleucine	g	0.297			0.300	0.600	1.347
Leucine	g	0.544			0.549	1.099	2.468
Lysine	g	0.490			0.495	0.990	2.223
Methionine	g	0.084			0.085	0.170	0.381
Cystine	g	0.062			0.063	0.125	0.281
Phenylalanine	g	0.425			0.429	0.859	1.928
Tyrosine	g	0.210			0.212	0.424	0.953
Valine	g	0.364			0.368	0.735	1.651
Arginine	g	0.492			0.497	0.994	2.232
Histidine	g	0.205			0.207	0.414	0.930
Alanine	g	0.309			0.312	0.624	1.402
Aspartic acid	g	0.812			0.820	1.640	3.683
Glutamic acid	g	1.256			1.269	2.537	5.697
Glycine	g	0.281			0.284	0.568	1.275
Proline	g	0.323			0.326	0.652	1.465
Serine	g	0.346			0.349	0.699	1.569

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 2.5 g per 100 g.

MUNG BEANS, LONG RICE, Dehydrated[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 70 g	1 c = 140 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	13.42		5	9.39	18.78	60.85
Food energy	kcal	351			246	492	1,594
	kJ	1,470			1,029	2,059	6,670
Protein (N X6.25)	g	0.16		3	0.11	0.22	0.72
Total lipid (fat)	g	0.06		2	0.04	0.08	0.25
Carbohydrate, total	g	86.10			60.27	120.55	390.57
Crude fiber	g	0.06	0.012	3	0.04	0.09	0.29
Ash	g	0.27		3	0.19	0.37	1.21
Minerals:							
Calcium	mg	25		3	17	35	113
Iron	mg	2.17		3	1.52	3.03	9.83
Magnesium	mg	3	0.100	2	2	4	11
Phosphorus	mg	32		3	22	45	145
Potassium	mg	10	5.402	3	7	14	47
Sodium	mg	10	5.600	3	7	14	44
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.150		1	0.105	0.210	0.680
Riboflavin	mg	0.000		1	0.000	0.000	0.000
Niacin	mg	0.200		1	0.140	0.280	0.907
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0		1	0	0	0
	IU	0		1	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.017			0.012	0.024	0.077
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.012			0.008	0.017	0.054
18:0	g	0.003			0.002	0.004	0.014
Monounsaturated, total	g	0.008			0.006	0.011	0.036
16:1	g						
18:1	g	0.008			0.006	0.011	0.036
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.018			0.013	0.025	0.082
18:2	g	0.017			0.012	0.024	0.077
18:3	g	0.001			0.001	0.001	0.005
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.002			0.001	0.003	0.009
Threonine	g	0.005			0.004	0.007	0.023
Isoleucine	g	0.007			0.005	0.010	0.032
Leucine	g	0.013			0.009	0.018	0.059
Lysine	g	0.011			0.008	0.015	0.050
Methionine	g	0.002			0.001	0.003	0.009
Cystine	g	0.001			0.001	0.001	0.005
Phenylalanine	g	0.010			0.007	0.014	0.045
Tyrosine	g	0.005			0.004	0.007	0.023
Valine	g	0.008			0.006	0.011	0.036
Arginine	g	0.011			0.008	0.015	0.050
Histidine	g	0.005			0.004	0.007	0.023
Alanine	g	0.007			0.005	0.010	0.032
Aspartic acid	g	0.019			0.013	0.027	0.086
Glutamic acid	g	0.029			0.020	0.041	0.132
Glycine	g	0.007			0.005	0.010	0.032
Proline	g	0.007			0.005	0.010	0.032
Serine	g	0.008			0.006	0.011	0.036

[1] Prepared from mung bean starch.

MUNGO BEANS, Raw

Vigna mungo

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 104 g	1 c = 207 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	8.58	0.511	10	8.92	17.75	38.90
Food energy	kcal	351			365	726	1,590
	kJ	1,467			1,525	3,036	6,653
Protein (N X 6.25)	g	25.06	0.544	21	26.06	51.87	113.67
Total lipid (fat)	g	1.83	0.459	5	1.90	3.78	8.28
Carbohydrate, total	g	61.01			63.45	126.28	276.72
Crude fiber	g	4.43	1.455	4	4.61	9.17	20.09
Ash	g	3.53	0.137	11	3.67	7.31	16.02
Minerals:							
Calcium	mg	196	28.650	11	204	406	889
Iron	mg	6.84	0.684	10	7.11	14.15	31.01
Magnesium	mg	260	48.747	7	271	539	1,181
Phosphorus	mg	575	111.507	11	598	1,191	2,610
Potassium	mg	1,025	83.500	2	1,065	2,121	4,647
Sodium	mg	26		1	27	53	116
Zinc	mg	3.08		1	3.20	6.38	13.97
Copper	mg	0.659	0.003	2	0.685	1.364	2.989
Manganese	mg	1.614		1	1.679	3.341	7.321
Vitamins:							
Ascorbic acid	mg	4.8			5.0	9.9	21.7
Thiamin	mg	0.355	0.125	2	0.369	0.735	1.610
Riboflavin	mg	0.280	0.044	8	0.291	0.580	1.270
Niacin	mg	1.800	0.153	3	1.872	3.726	8.165
Pantothenic acid	mg	1.920			1.997	3.974	8.709
Vitamin B_6	mg	0.275	0.030	8	0.286	0.569	1.247
Folacin	mcg	628.2			653.3	1,300.3	2,849.3
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	11			12	24	52
	IU	114			119	236	518
Lipids:							
Fatty acids:							
Saturated, total	g	0.127			0.132	0.263	0.576
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.127			0.132	0.263	0.576
18:0	g						
Monounsaturated, total	g	0.095			0.099	0.197	0.431
16:1	g						
18:1	g	0.095			0.099	0.197	0.431
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.193			1.241	2.470	5.411
18:2	g	0.080			0.083	0.166	0.363
18:3	g	1.113			1.158	2.304	5.049
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.261		56	0.271	0.540	1.184
Threonine	g	0.870		14	0.905	1.801	3.946
Isoleucine	g	1.279		8	1.330	2.648	5.802
Leucine	g	2.077		8	2.160	4.299	9.421
Lysine	g	1.664		29	1.731	3.444	7.548
Methionine	g	0.365		56	0.380	0.756	1.656
Cystine	g	0.233		4	0.242	0.482	1.057
Phenylalanine	g	1.464		8	1.523	3.030	6.641
Tyrosine	g	0.778		7	0.809	1.610	3.529
Valine	g	1.408		8	1.464	2.915	6.387
Arginine	g	1.632		9	1.697	3.378	7.403
Histidine	g	0.702		9	0.730	1.453	3.184
Alanine	g	1.071		6	1.114	2.217	4.858
Aspartic acid	g	2.931		7	3.048	6.067	13.295
Glutamic acid	g	4.102		7	4.266	8.491	18.607
Glycine	g	1.047		6	1.089	2.167	4.749
Proline	g	1.159		6	1.205	2.399	5.257
Serine	g	1.319		6	1.372	2.730	5.983

MUNGO BEANS, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 90 g	1 c = 180 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72.51			65.26	130.52	328.91
Food energy	kcal	105			95	190	478
	kJ	441			397	794	2,000
Protein (N X 6.25)	g	7.54			6.78	13.56	34.18
Total lipid (fat)	g	0.55			0.49	0.99	2.49
Carbohydrate, total	g	18.34			16.51	33.02	83.20
Crude fiber	g	1.33			1.20	2.40	6.04
Ash	g	1.06			0.96	1.91	4.82
Minerals:							
Calcium	mg	53			48	95	241
Iron	mg	1.75			1.57	3.14	7.92
Magnesium	mg	63			56	113	284
Phosphorus	mg	156			140	280	706
Potassium	mg	231			208	416	1,048
Sodium	mg	7			7	13	33
Zinc	mg	0.83			0.75	1.50	3.78
Copper	mg	0.139			0.125	0.250	0.631
Manganese	mg	0.412			0.371	0.742	1.869
Vitamins:							
Ascorbic acid	mg	1.0			0.9	1.8	4.6
Thiamin	mg	0.150	0.010	2	0.135	0.270	0.680
Riboflavin	mg	0.075	0.025	2	0.068	0.135	0.340
Niacin	mg	1.500	0.000	2	1.350	2.700	6.804
Pantothenic acid	mg	0.433			0.390	0.779	1.964
Vitamin B_6	mg	0.058			0.052	0.104	0.263
Folacin	mcg	94.4			85.0	170.0	428.3
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	3			3	6	14
	IU	31			28	56	140
Lipids:							
Fatty acids:							
Saturated, total	g	0.038			0.034	0.068	0.172
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.038			0.034	0.068	0.172
18:0	g						
Monounsaturated, total	g	0.029			0.026	0.052	0.132
16:1	g						
18:1	g	0.029			0.026	0.052	0.132
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.359			0.323	0.646	1.628
18:2	g	0.024			0.022	0.043	0.109
18:3	g	0.335			0.302	0.603	1.520
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.078			0.070	0.140	0.354
Threonine	g	0.262			0.236	0.472	1.188
Isoleucine	g	0.385			0.347	0.693	1.746
Leucine	g	0.625			0.563	1.125	2.835
Lysine	g	0.500			0.450	0.900	2.268
Methionine	g	0.110			0.099	0.198	0.499
Cystine	g	0.070			0.063	0.126	0.318
Phenylalanine	g	0.440			0.396	0.792	1.996
Tyrosine	g	0.234			0.211	0.421	1.061
Valine	g	0.423			0.381	0.761	1.919
Arginine	g	0.491			0.442	0.884	2.227
Histidine	g	0.211			0.190	0.380	0.957
Alanine	g	0.322			0.290	0.580	1.461
Aspartic acid	g	0.882			0.794	1.588	4.001
Glutamic acid	g	1.234			1.111	2.221	5.597
Glycine	g	0.315			0.284	0.567	1.429
Proline	g	0.349			0.314	0.628	1.583
Serine	g	0.397			0.357	0.715	1.801

PEAS, SPLIT, Raw

Pisum sativum

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 98 g	1 c = 197 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	11.27	0.375	53	11.04	22.20	51.11
Food energy	kcal	341			334	671	1,545
	kJ	1,425			1,397	2,808	6,464
Protein (N X6.25)	g	24.55	0.516	93	24.06	48.37	111.38
Total lipid (fat)	g	1.16	0.062	63	1.13	2.28	5.25
Carbohydrate, total	g	60.38			59.17	118.94	273.86
Crude fiber[1]	g	3.72	0.125	22	3.64	7.32	16.85
Ash	g	2.65	0.105	78	2.59	5.21	12.00
Minerals:							
Calcium	mg	55	3.846	70	54	108	249
Iron	mg	4.43	0.258	112	4.34	8.72	20.07
Magnesium	mg	115	5.106	54	113	227	522
Phosphorus	mg	366	15.017	64	359	722	1,662
Potassium	mg	981	34.360	43	961	1,932	4,448
Sodium	mg	15	2.534	53	15	30	68
Zinc	mg	3.01	0.123	48	2.95	5.93	13.65
Copper	mg	0.866	0.021	69	0.849	1.706	3.928
Manganese	mg	1.391	0.249	46	1.363	2.740	6.310
Vitamins:[2]							
Ascorbic acid	mg	1.8		2	1.7	3.5	8.0
Thiamin	mg	0.726		40	0.711	1.430	3.293
Riboflavin	mg	0.215		41	0.211	0.424	0.975
Niacin	mg	2.889		39	2.831	5.691	13.105
Pantothenic acid	mg	1.758	0.057	24	1.723	3.463	7.974
Vitamin B_6	mg	0.174	0.006	24	0.171	0.343	0.789
Folacin	mcg	273.8	24.358	27	268.3	539.4	1,242.0
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	15	1.895	31	15	29	67
	IU	149	18.954	31	146	293	675
Lipids:							
Fatty acids:							
Saturated, total	g	0.161			0.158	0.317	0.730
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.003			0.003	0.006	0.014
14:0	g	0.002			0.002	0.004	0.009
16:0	g	0.125			0.123	0.246	0.567
18:0	g	0.031			0.030	0.061	0.141
Monounsaturated, total	g	0.242			0.237	0.477	1.098
16:1	g						
18:1	g	0.232			0.227	0.457	1.052
20:1	g	0.010			0.010	0.020	0.045
22:1	g						
Polyunsaturated, total	g	0.495			0.485	0.975	2.245
18:2	g	0.411			0.403	0.810	1.864
18:3	g	0.084			0.082	0.165	0.381
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg	135			132	266	612
Amino acids:							
Tryptophan	g	0.275		32	0.270	0.542	1.247
Threonine	g	0.872		50	0.855	1.718	3.955
Isoleucine	g	1.014		46	0.994	1.998	4.600
Leucine	g	1.760		50	1.725	3.467	7.983
Lysine	g	1.772		52	1.737	3.491	8.038
Methionine	g	0.251		97	0.246	0.494	1.139
Cystine	g	0.373		90	0.366	0.735	1.692
Phenylalanine	g	1.132		50	1.109	2.230	5.135
Tyrosine	g	0.711		41	0.697	1.401	3.225
Valine	g	1.159		46	1.136	2.283	5.257
Arginine	g	2.188		46	2.144	4.310	9.925
Histidine	g	0.597		46	0.585	1.176	2.708
Alanine	g	1.080		43	1.058	2.128	4.899
Aspartic acid	g	2.896		43	2.838	5.705	13.136
Glutamic acid	g	4.196		43	4.112	8.266	19.033
Glycine	g	1.092		43	1.070	2.151	4.953
Proline	g	1.014		47	0.994	1.998	4.600
Serine	g	1.080		43	1.058	2.128	4.899

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 5.6 g per 100 g.
[2] Alpha-tocopherol = 0.09 mg per 100 g.

PEAS, SPLIT, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 98 g	1 c = 196 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	69.49	1.521	25	68.10	136.19	315.19
Food energy	kcal	118			116	231	536
	kJ	494			484	968	2,241
Protein (N X6.25)	g	8.34	0.276	20	8.18	16.35	37.84
Total lipid (fat)	g	0.39	0.021	20	0.38	0.76	1.76
Carbohydrate, total	g	21.11			20.68	41.37	95.74
Crude fiber[1]	g	1.97	0.060	12	1.93	3.86	8.94
Ash	g	0.68	0.033	20	0.66	1.33	3.08
Minerals:							
Calcium	mg	14	0.266	20	13	26	61
Iron	mg	1.29	0.074	20	1.26	2.52	5.84
Magnesium	mg	36	1.428	20	36	71	164
Phosphorus	mg	99	5.920	20	97	195	451
Potassium	mg	362	27.305	20	355	710	1,643
Sodium	mg	2	0.129	16	2	4	9
Zinc	mg	1.00	0.053	20	0.98	1.96	4.54
Copper	mg	0.181	0.009	20	0.177	0.355	0.821
Manganese	mg	0.396	0.010	20	0.388	0.776	1.796
Vitamins:							
Ascorbic acid	mg	0.4			0.4	0.8	1.9
Thiamin	mg	0.190	0.020	20	0.186	0.372	0.862
Riboflavin	mg	0.056	0.002	20	0.055	0.110	0.254
Niacin	mg	0.890	0.059	20	0.872	1.744	4.037
Pantothenic acid	mg	0.595	0.035	8	0.583	1.166	2.699
Vitamin B_6	mg	0.048	0.002	8	0.047	0.094	0.218
Folacin	mcg	64.9	14.314	13	63.6	127.3	294.5
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	1	0.100	8	1	1	3
	IU	7	1.003	8	7	14	33
Lipids:							
Fatty acids:							
Saturated, total	g	0.054			0.053	0.106	0.245
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.001			0.001	0.002	0.005
14:0	g	0.001			0.001	0.002	0.005
16:0	g	0.042			0.041	0.082	0.191
18:0	g	0.010			0.010	0.020	0.045
Monounsaturated, total	g	0.081			0.079	0.159	0.367
16:1	g						
18:1	g	0.077			0.075	0.151	0.349
20:1	g	0.003			0.003	0.006	0.014
22:1	g						
Polyunsaturated, total	g	0.165			0.162	0.323	0.748
18:2	g	0.137			0.134	0.269	0.621
18:3	g	0.028			0.027	0.055	0.127
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.093			0.091	0.182	0.422
Threonine	g	0.296			0.290	0.580	1.343
Isoleucine	g	0.344			0.337	0.674	1.560
Leucine	g	0.598			0.586	1.172	2.713
Lysine	g	0.602			0.590	1.180	2.731
Methionine	g	0.085			0.083	0.167	0.386
Cystine	g	0.127			0.124	0.249	0.576
Phenylalanine	g	0.384			0.376	0.753	1.742
Tyrosine	g	0.242			0.237	0.474	1.098
Valine	g	0.394			0.386	0.772	1.787
Arginine	g	0.744			0.729	1.458	3.375
Histidine	g	0.203			0.199	0.398	0.921
Alanine	g	0.367			0.360	0.719	1.665
Aspartic acid	g	0.984			0.964	1.929	4.463
Glutamic acid	g	1.426			1.397	2.795	6.468
Glycine	g	0.371			0.364	0.727	1.683
Proline	g	0.344			0.337	0.674	1.560
Serine	g	0.367			0.360	0.719	1.665

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 2.3 g per 100 g.

PEANUTS, ALL TYPES, Raw

Arachis hypogaea

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	1 c = 146 g	Refuse: [1] 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	6.50	0.093	31	1.82	9.49	29.48
Food energy	kcal	567			159	828	2,573
	kJ	2,374			665	3,465	10,766
Protein (N X5.46)	g	25.80	0.242	78	7.22	37.66	117.01
Total lipid (fat)	g	49.24	0.297	98	13.79	71.88	223.33
Carbohydrate, total	g	16.14			4.52	23.56	73.20
Crude fiber[2]	g	4.85	0.043	12	1.36	7.08	22.00
Ash	g	2.33	0.064	26	0.65	3.41	10.59
Minerals:							
Calcium	mg	92		45	26	134	416
Iron	mg	4.58		49	1.28	6.69	20.78
Magnesium	mg	168		45	47	246	764
Phosphorus	mg	376		45	105	548	1,704
Potassium	mg	705		47	197	1,029	3,196
Sodium	mg	18		35	5	27	83
Zinc	mg	3.27		45	0.91	4.77	14.81
Copper	mg	1.144		45	0.320	1.670	5.189
Manganese	mg	1.934	0.057	44	0.542	2.824	8.773
Vitamins: [3]							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.640	0.034	24	0.179	0.934	2.903
Riboflavin	mg	0.135	0.005	20	0.038	0.197	0.612
Niacin	mg	12.066	0.305	24	3.378	17.616	54.731
Pantothenic acid	mg	1.767	0.100	8	0.495	2.580	8.015
Vitamin B_6	mg	0.348	0.020	8	0.097	0.508	1.579
Folacin	mcg	239.8	15.874	8	67.1	350.0	1,087.5
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	6.834			1.914	9.978	30.999
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.025			0.007	0.037	0.113
16:0	g	5.154			1.443	7.525	23.379
18:0	g	1.100			0.308	1.606	4.990
Monounsaturated, total	g	24.429			6.840	35.666	110.810
16:1	g	0.009			0.003	0.013	0.041
18:1	g	23.756			6.652	34.684	107.757
20:1	g	0.661			0.185	0.965	2.998
22:1	g						
Polyunsaturated, total	g	15.559			4.357	22.716	70.576
18:2	g	15.555			4.355	22.710	70.557
18:3	g	0.003			0.001	0.004	0.014
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg	220			62	321	998
Amino acids:							
Tryptophan	g	0.250		128	0.070	0.365	1.134
Threonine	g	0.883		144	0.247	1.289	4.005
Isoleucine	g	0.907		140	0.254	1.324	4.114
Leucine	g	1.672		140	0.468	2.441	7.584
Lysine	g	0.926		147	0.259	1.352	4.200
Methionine	g	0.317		22	0.089	0.463	1.438
Cystine	g	0.331		29	0.093	0.483	1.501
Phenylalanine	g	1.337		141	0.374	1.952	6.065
Tyrosine	g	1.049		137	0.294	1.532	4.758
Valine	g	1.082		141	0.303	1.580	4.908
Arginine	g	3.085		140	0.864	4.504	13.994
Histidine	g	0.652		140	0.183	0.952	2.957
Alanine	g	1.025		135	0.287	1.497	4.649
Aspartic acid	g	3.146		135	0.881	4.593	14.270
Glutamic acid	g	5.390		133	1.509	7.869	24.449
Glycine	g	1.554		134	0.435	2.269	7.049
Proline	g	1.138		130	0.319	1.661	5.162
Serine	g	1.271		134	0.356	1.856	5.765

[1] Refuse: shells 27%.
[2] Insoluble dietary fiber as determined by the neutral detergent fiber method = 5.9 g per 100 g.
[3] Alpha-tocopherol = 8.33 mg per 100 g.

PEANUTS, ALL TYPES, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 32 g	1 c = 63 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	41.78		1	13.37	26.32	189.51
Food energy	kcal	318			102	200	1,441
	kJ	1,329			425	837	6,027
Protein (N X5.46)	g	13.50		1	4.32	8.51	61.25
Total lipid (fat)	g	22.01		1	7.04	13.87	99.84
Carbohydrate, total	g	21.26			6.80	13.39	96.41
Crude fiber	g	1.96		1	0.63	1.23	8.89
Ash	g	1.45			0.46	0.92	6.59
Minerals:							
Calcium	mg	55		1	18	35	249
Iron	mg	1.01		1	0.32	0.64	4.58
Magnesium	mg	102		1	33	64	463
Phosphorus	mg	198		1	63	124	896
Potassium	mg	180		1	58	113	815
Sodium	mg	751		1	240	473	3,406
Zinc	mg	1.83			0.59	1.15	8.30
Copper	mg	0.499			0.160	0.314	2.263
Manganese	mg	1.023			0.327	0.644	4.640
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.259			0.083	0.163	1.175
Riboflavin	mg	0.063			0.020	0.040	0.286
Niacin	mg	5.259			1.683	3.313	23.855
Pantothenic acid	mg	0.825			0.264	0.520	3.742
Vitamin B_6	mg	0.152			0.049	0.096	0.689
Folacin	mcg	74.6			23.9	47.0	338.6
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.055			0.978	1.925	13.857
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.011			0.004	0.007	0.050
16:0	g	2.304			0.737	1.452	10.451
18:0	g	0.492			0.157	0.310	2.232
Monounsaturated, total	g	10.921			3.495	6.880	49.538
16:1	g	0.004			0.001	0.003	0.018
18:1	g	10.620			3.398	6.691	48.172
20:1	g	0.296			0.095	0.186	1.343
22:1	g						
Polyunsaturated, total	g	6.956			2.226	4.382	31.552
18:2	g	6.954			2.225	4.381	31.543
18:3	g	0.001			0.000	0.001	0.005
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.131			0.042	0.083	0.594
Threonine	g	0.462			0.148	0.291	2.096
Isoleucine	g	0.475			0.152	0.299	2.155
Leucine	g	0.875			0.280	0.551	3.969
Lysine	g	0.485			0.155	0.306	2.200
Methionine	g	0.166			0.053	0.105	0.753
Cystine	g	0.173			0.055	0.109	0.785
Phenylalanine	g	0.700			0.224	0.441	3.175
Tyrosine	g	0.549			0.176	0.346	2.490
Valine	g	0.566			0.181	0.357	2.567
Arginine	g	1.615			0.517	1.017	7.326
Histidine	g	0.341			0.109	0.215	1.547
Alanine	g	0.537			0.172	0.338	2.436
Aspartic acid	g	1.647			0.527	1.038	7.471
Glutamic acid	g	2.822			0.903	1.778	12.801
Glycine	g	0.814			0.260	0.513	3.692
Proline	g	0.596			0.191	0.375	2.703
Serine	g	0.665			0.213	0.419	3.016

PEANUTS, ALL TYPES, Oil-roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	1 c = 144 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	1.95	0.081	53	0.55	2.81	8.84
Food energy	kcal	581			163	837	2,636
	kJ	2,431			681	3,501	11,029
Protein (N X5.46)	g	26.35		47	7.38	37.94	119.52
Total lipid (fat)	g	49.30	0.224	51	13.80	70.99	223.63
Carbohydrate, total	g	18.93			5.30	27.25	85.84
Crude fiber	g	5.33	0.083	12	1.49	7.68	24.18
Ash	g	3.48	0.100	15	0.97	5.01	15.77
Minerals:							
Calcium	mg	88	0.299	12	25	126	398
Iron	mg	1.83	0.061	15	0.51	2.63	8.29
Magnesium	mg	185	0.740	12	52	266	839
Phosphorus	mg	517	0.652	12	145	744	2,343
Potassium	mg	682	2.416	14	191	982	3,094
Sodium [1]	mg	433			121	624	1,964
Zinc	mg	6.63	0.015	12	1.86	9.55	30.07
Copper	mg	1.300	0.010	12	0.364	1.872	5.897
Manganese	mg	2.062	0.014	12	0.577	2.969	9.353
Vitamins: [2]							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.253	0.008	15	0.071	0.364	1.148
Riboflavin	mg	0.108		13	0.030	0.156	0.490
Niacin	mg	14.277	0.322	15	3.998	20.559	64.760
Pantothenic acid	mg	1.390			0.389	2.002	6.305
Vitamin B_6	mg	0.255			0.071	0.367	1.157
Folacin	mcg	125.7			35.2	181.0	570.2
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	6.843			1.916	9.854	31.040
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.025			0.007	0.036	0.113
16:0	g	5.161			1.445	7.432	23.410
18:0	g	1.101			0.308	1.585	4.994
Monounsaturated, total	g	24.462			6.849	35.225	110.960
16:1	g	0.009			0.003	0.013	0.041
18:1	g	23.788			6.661	34.255	107.902
20:1	g	0.662			0.185	0.953	3.003
22:1	g						
Polyunsaturated, total	g	15.580			4.362	22.435	70.671
18:2	g	15.576			4.361	22.429	70.653
18:3	g	0.003			0.001	0.004	0.014
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.256			0.072	0.369	1.161
Threonine	g	0.902			0.253	1.299	4.091
Isoleucine	g	0.926			0.259	1.333	4.200
Leucine	g	1.708			0.478	2.460	7.747
Lysine	g	0.946			0.265	1.362	4.291
Methionine	g	0.323			0.090	0.465	1.465
Cystine	g	0.338			0.095	0.487	1.533
Phenylalanine	g	1.365			0.382	1.966	6.192
Tyrosine	g	1.071			0.300	1.542	4.858
Valine	g	1.105			0.309	1.591	5.012
Arginine	g	3.151			0.882	4.537	14.293
Histidine	g	0.666			0.186	0.959	3.021
Alanine	g	1.047			0.293	1.508	4.749
Aspartic acid	g	3.213			0.900	4.627	14.574
Glutamic acid	g	5.505			1.541	7.927	24.971
Glycine	g	1.587			0.444	2.285	7.199
Proline	g	1.163			0.326	1.675	5.275
Serine	g	1.298			0.363	1.869	5.888

[1] Value is for product with salt added; if no salt is added, sodium = 6 mg per 100 g.
[2] Alpha-tocopherol = 6.94 mg per 100 g.

PEANUTS, ALL TYPES, Dry-roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	1 c = 146 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	1.55	0.115	12	0.43	2.27	7.04
Food energy	kcal	585			164	855	2,655
	kJ	2,449			686	3,576	11,109
Protein (N X5.46)	g	23.68	0.712	9	6.63	34.57	107.41
Total lipid (fat)	g	49.66	0.539	9	13.90	72.50	225.26
Carbohydrate, total	g	21.51			6.02	31.40	97.56
Crude fiber	g	5.10			1.43	7.45	23.15
Ash	g	3.60	0.346	9	1.01	5.26	16.33
Minerals:							
Calcium	mg	54	2.333	7	15	79	246
Iron	mg	2.26	0.271	12	0.63	3.30	10.26
Magnesium	mg	176	5.824	8	49	257	799
Phosphorus	mg	358	13.854	7	100	523	1,625
Potassium	mg	658	20.264	11	184	960	2,983
Sodium[1]	mg	813	32.195	11	228	1,187	3,687
Zinc	mg	3.31	0.081	8	0.93	4.83	15.01
Copper	mg	0.671	0.031	8	0.188	0.980	3.044
Manganese	mg	2.083	0.135	8	0.583	3.041	9.448
Vitamins: [2]							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.438			0.123	0.639	1.987
Riboflavin	mg	0.098	0.002	4	0.027	0.143	0.445
Niacin	mg	13.525	0.335	4	3.787	19.747	61.349
Pantothenic acid	mg	1.395			0.391	2.037	6.328
Vitamin B_6	mg	0.256			0.072	0.374	1.161
Folacin	mcg	145.3	10.478	3	40.7	212.2	659.2
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	6.893			1.930	10.064	31.267
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.025			0.007	0.037	0.113
16:0	g	5.198			1.455	7.589	23.578
18:0	g	1.109			0.311	1.619	5.030
Monounsaturated, total	g	24.640			6.899	35.974	111.767
16:1	g	0.009			0.003	0.013	0.041
18:1	g	23.961			6.709	34.983	108.687
20:1	g	0.667			0.187	0.974	3.026
22:1	g						
Polyunsaturated, total	g	15.694			4.394	22.913	71.188
18:2	g	15.690			4.393	22.907	71.170
18:3	g	0.003			0.001	0.004	0.014
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.230			0.064	0.336	1.043
Threonine	g	0.811			0.227	1.184	3.679
Isoleucine	g	0.833			0.233	1.216	3.778
Leucine	g	1.535			0.430	2.241	6.963
Lysine	g	0.850			0.238	1.241	3.856
Methionine	g	0.291			0.081	0.425	1.320
Cystine	g	0.304			0.085	0.444	1.379
Phenylalanine	g	1.227			0.344	1.791	5.566
Tyrosine	g	0.963			0.270	1.406	4.368
Valine	g	0.993			0.278	1.450	4.504
Arginine	g	2.832			0.793	4.135	12.846
Histidine	g	0.599			0.168	0.875	2.717
Alanine	g	0.941			0.263	1.374	4.268
Aspartic acid	g	2.888			0.809	4.216	13.100
Glutamic acid	g	4.949			1.386	7.226	22.449
Glycine	g	1.427			0.400	2.083	6.473
Proline	g	1.045			0.293	1.526	4.740
Serine	g	1.167			0.327	1.704	5.294

[1] Value is for product with salt added; if no salt is added, sodium = 6 mg per 100 g.
[2] Alpha-tocopherol = 7.80 mg per 100 g.

PEANUTS, SPANISH, Raw

Arachis hypogaea

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	1 c = 146 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	6.39	0.309	4	1.79	9.33	28.99
Food energy	kcal	570			160	833	2,587
	kJ	2,386			668	3,484	10,824
Protein (N X5.46)	g	26.15	0.312	17	7.32	38.18	118.63
Total lipid (fat)	g	49.60	0.524	22	13.89	72.42	225.00
Carbohydrate, total	g	15.82			4.43	23.10	51.78
Crude fiber	g	4.86			1.36	7.09	22.02
Ash	g	2.03	0.303	3	0.57	2.96	9.19
Minerals:							
Calcium	mg	106	8.124	5	30	155	481
Iron	mg	3.91	0.363	9	1.09	5.71	17.73
Magnesium	mg	188	9.695	5	53	274	853
Phosphorus	mg	388	13.565	5	109	566	1,760
Potassium	mg	744	37.355	7	208	1,086	3,375
Sodium	mg	22	2.238	7	6	32	99
Zinc	mg	2.12	0.107	5	0.59	3.10	9.62
Copper	mg	0.900	0.045	5	0.252	1.314	4.082
Manganese	mg	2.640	0.186	5	0.739	3.854	11.975
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.675	0.164	4	0.189	0.986	3.062
Riboflavin	mg	0.135			0.038	0.197	0.612
Niacin	mg	15.925	0.976	4	4.459	23.251	72.236
Pantothenic acid	mg	1.769			0.495	2.583	8.024
Vitamin B_6	mg	0.348			0.097	0.508	1.579
Folacin	mcg	240.0			67.2	350.4	1,088.7
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	7.642			2.140	11.157	34.664
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.028			0.008	0.041	0.127
16:0	g	5.674			1.589	8.284	25.737
18:0	g	1.288			0.361	1.880	5.842
Monounsaturated, total	g	22.328			6.252	32.599	101.280
16:1	g	0.045			0.013	0.066	0.204
18:1	g	21.757			6.092	31.765	98.690
20:1	g	0.523			0.146	0.764	2.372
22:1	g						
Polyunsaturated, total	g	17.204			4.817	25.118	78.037
18:2	g	17.192			4.814	25.100	77.983
18:3	g	0.010			0.003	0.015	0.045
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.254			0.071	0.371	1.152
Threonine	g	0.896			0.251	1.308	4.064
Isoleucine	g	0.920			0.258	1.343	4.173
Leucine	g	1.696			0.475	2.476	7.693
Lysine	g	0.939			0.263	1.371	4.259
Methionine	g	0.321			0.090	0.469	1.456
Cystine	g	0.335			0.094	0.489	1.520
Phenylalanine	g	1.356			0.380	1.980	6.151
Tyrosine	g	1.063			0.298	1.552	4.822
Valine	g	1.097			0.307	1.602	4.976
Arginine	g	3.128			0.876	4.567	14.189
Histidine	g	0.661			0.185	0.965	2.998
Alanine	g	1.039			0.291	1.517	4.713
Aspartic acid	g	3.190			0.893	4.657	14.470
Glutamic acid	g	5.465			1.530	7.979	24.789
Glycine	g	1.576			0.441	2.301	7.149
Proline	g	1.154			0.323	1.685	5.235
Serine	g	1.289			0.361	1.882	5.847

PEANUTS, SPANISH, Oil-roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	1 c = 147 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	1.78	0.233	19	0.50	2.62	8.08
Food energy	kcal	579			162	851	2,625
	kJ	2,421			678	3,559	10,982
Protein (N X5.46)	g	28.01	0.287	19	7.84	41.17	127.03
Total lipid (fat)	g	49.04	0.330	19	13.73	72.08	222.43
Carbohydrate, total	g	17.45			4.89	25.66	79.17
Crude fiber	g	5.09			1.43	7.49	23.11
Ash	g	3.72	0.321	3	1.04	5.47	16.89
Minerals:							
Calcium	mg	100			28	147	454
Iron	mg	2.28	0.229	3	0.64	3.35	10.33
Magnesium	mg	168			47	246	761
Phosphorus	mg	387			108	569	1,754
Potassium	mg	776	9.500	2	217	1,141	3,521
Sodium[1]	mg	433	32.000	2	121	637	1,964
Zinc	mg	2.00			0.56	2.94	9.08
Copper	mg	0.661			0.185	0.972	2.998
Manganese	mg	2.355			0.659	3.462	10.682
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.317	0.032	3	0.089	0.466	1.438
Riboflavin	mg	0.085		1	0.024	0.125	0.386
Niacin	mg	14.933	0.906	3	4.181	21.952	67.736
Pantothenic acid	mg	1.392			0.390	2.046	6.314
Vitamin B_6	mg	0.256			0.072	0.376	1.161
Folacin	mcg	125.9			35.3	185.1	571.2
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	7.555			2.115	11.106	34.269
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.028			0.008	0.041	0.127
16:0	g	5.609			1.571	8.245	25.442
18:0	g	1.273			0.356	1.871	5.774
Monounsaturated, total	g	22.073			6.180	32.447	100.123
16:1	g	0.044			0.012	0.065	0.200
18:1	g	21.509			6.023	31.618	97.565
20:1	g	0.517			0.145	0.760	2.345
22:1	g						
Polyunsaturated, total	g	17.008			4.762	25.002	77.148
18:2	g	16.996			4.759	24.984	77.094
18:3	g	0.010			0.003	0.015	0.045
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.272			0.076	0.400	1.234
Threonine	g	0.959			0.269	1.410	4.350
Isoleucine	g	0.985			0.276	1.448	4.468
Leucine	g	1.816			0.508	2.670	8.237
Lysine	g	1.005			0.281	1.477	4.559
Methionine	g	0.344			0.096	0.506	1.560
Cystine	g	0.359			0.101	0.528	1.628
Phenylalanine	g	1.452			0.407	2.134	6.586
Tyrosine	g	1.139			0.319	1.674	5.167
Valine	g	1.175			0.329	1.727	5.330
Arginine	g	3.349			0.938	4.923	15.191
Histidine	g	0.708			0.198	1.041	3.211
Alanine	g	1.113			0.312	1.636	5.049
Aspartic acid	g	3.416			0.956	5.022	15.495
Glutamic acid	g	5.852			1.639	8.602	26.545
Glycine	g	1.687			0.472	2.480	7.652
Proline	g	1.236			0.346	1.817	5.606
Serine	g	1.380			0.386	2.029	6.260

[1] Value is for product with salt added; if no salt is added, sodium = 6 mg per 100 g.

PEANUTS, VALENCIA, Raw

Arachis hypogaea

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	1 c = 146 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	4.26	0.573	25	1.19	6.22	19.31
Food energy	kcal	570			160	833	2,587
	kJ	2,386			668	3,484	10,825
Protein (N X5.46)	g	25.09	0.341	44	7.02	36.63	113.79
Total lipid (fat)	g	47.58	0.232	44	13.32	69.46	215.80
Carbohydrate, total	g	20.91			5.86	30.53	94.86
Crude fiber	g	2.16	0.505	5	0.61	3.16	9.81
Ash	g	2.17	0.078	19	0.61	3.17	9.84
Minerals:							
Calcium	mg	62	2.749	3	17	90	280
Iron	mg	2.09	0.390	2	0.59	3.05	9.48
Magnesium	mg	184		1	52	269	835
Phosphorus	mg	336	29.071	3	94	491	1,525
Potassium	mg	332		1	93	485	1,506
Sodium	mg	1		1	0	1	4
Zinc	mg	3.34			0.94	4.88	15.16
Copper	mg	1.171			0.328	1.710	5.312
Manganese	mg	1.980			0.554	2.891	8.981
Vitamins:							
Ascorbic acid	mg	0.0	0.000	2	0.0	0.0	0.0
Thiamin	mg	0.639	0.274	3	0.179	0.933	2.899
Riboflavin	mg	0.300	0.041	10	0.084	0.438	1.361
Niacin	mg	12.875	3.125	2	3.605	18.798	58.401
Pantothenic acid	mg	1.809			0.507	2.641	8.206
Vitamin B_6	mg	0.340	0.052	4	0.095	0.496	1.542
Folacin	mcg	245.5			68.7	358.4	1,113.6
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0		1	0	0	0
	IU	0		1	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	7.329			2.052	10.700	33.244
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.027			0.008	0.039	0.122
16:0	g	5.442			1.524	7.945	24.685
18:0	g	1.235			0.346	1.803	5.602
Monounsaturated, total	g	21.414			5.996	31.264	97.134
16:1	g	0.043			0.012	0.063	0.195
18:1	g	20.867			5.843	30.466	94.653
20:1	g	0.502			0.141	0.733	2.277
22:1	g						
Polyunsaturated, total	g	16.500			4.620	24.090	74.844
18:2	g	16.489			4.617	24.074	74.794
18:3	g	0.010			0.003	0.015	0.045
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.244			0.068	0.356	1.107
Threonine	g	0.859			0.241	1.254	3.896
Isoleucine	g	0.882			0.247	1.288	4.001
Leucine	g	1.627			0.456	2.375	7.380
Lysine	g	0.901			0.252	1.315	4.087
Methionine	g	0.308			0.086	0.450	1.397
Cystine	g	0.322			0.090	0.470	1.461
Phenylalanine	g	1.300			0.364	1.898	5.897
Tyrosine	g	1.020			0.286	1.489	4.627
Valine	g	1.052			0.295	1.536	4.772
Arginine	g	3.001			0.840	4.381	13.613
Histidine	g	0.634			0.178	0.926	2.876
Alanine	g	0.997			0.279	1.456	4.522
Aspartic acid	g	3.060			0.857	4.468	13.880
Glutamic acid	g	5.243			1.468	7.655	23.782
Glycine	g	1.512			0.423	2.208	6.858
Proline	g	1.107			0.310	1.616	5.021
Serine	g	1.236			0.346	1.805	5.606

PEANUTS, VALENCIA, Oil-roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	1 c = 144 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	2.12	0.327	11	0.59	3.05	9.62
Food energy	kcal	589			165	848	2,672
	kJ	2,465			690	3,549	11,180
Protein (N X5.46)	g	27.04	1.700	6	7.57	38.94	122.66
Total lipid (fat)	g	51.24	0.756	6	14.35	73.79	232.43
Carbohydrate, total	g	16.30			4.56	23.48	73.95
Crude fiber	g	2.26	0.201	3	0.63	3.25	10.25
Ash	g	3.29	0.375	6	0.92	4.74	14.94
Minerals:							
Calcium	mg	54		1	15	78	244
Iron	mg	1.65	0.156	5	0.46	2.38	7.50
Magnesium	mg	160			45	230	725
Phosphorus	mg	319		1	89	460	1,449
Potassium	mg	612	74.253	4	171	881	2,775
Sodium[1]	mg	772	115.829	4	216	1,111	3,500
Zinc	mg	3.08			0.86	4.43	13.95
Copper	mg	0.838			0.235	1.207	3.801
Manganese	mg	1.721			0.482	2.478	7.806
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.090		1	0.025	0.130	0.408
Riboflavin	mg	0.153	0.023	9	0.043	0.220	0.694
Niacin	mg	14.338	1.347	5	4.015	20.647	65.037
Pantothenic acid	mg	1.387			0.388	1.997	6.291
Vitamin B_6	mg	0.243			0.068	0.350	1.102
Folacin	mcg	125.5			35.1	180.7	569.2
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	7.894			2.210	11.367	35.807
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.029			0.008	0.042	0.132
16:0	g	5.861			1.641	8.440	26.585
18:0	g	1.330			0.372	1.915	6.033
Monounsaturated, total	g	23.065			6.458	33.214	104.623
16:1	g	0.046			0.013	0.066	0.209
18:1	g	22.475			6.293	32.364	101.947
20:1	g	0.541			0.151	0.779	2.454
22:1	g						
Polyunsaturated, total	g	17.772			4.976	25.592	80.614
18:2	g	17.760			4.973	25.574	80.559
18:3	g	0.010			0.003	0.014	0.045
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.263			0.074	0.379	1.193
Threonine	g	0.926			0.259	1.333	4.200
Isoleucine	g	0.951			0.266	1.369	4.314
Leucine	g	1.753			0.491	2.524	7.952
Lysine	g	0.971			0.272	1.398	4.404
Methionine	g	0.332			0.093	0.478	1.506
Cystine	g	0.347			0.097	0.500	1.574
Phenylalanine	g	1.402			0.393	2.019	6.359
Tyrosine	g	1.100			0.308	1.584	4.990
Valine	g	1.134			0.318	1.633	5.144
Arginine	g	3.234			0.906	4.657	14.669
Histidine	g	0.684			0.192	0.985	3.103
Alanine	g	1.075			0.301	1.548	4.876
Aspartic acid	g	3.299			0.924	4.751	14.964
Glutamic acid	g	5.651			1.582	8.137	25.633
Glycine	g	1.630			0.456	2.347	7.394
Proline	g	1.194			0.334	1.719	5.416
Serine	g	1.332			0.373	1.918	6.042

[1] Value is for product with salt added; if no salt is added, sodium = 6 mg per 100 g.

PEANUTS, VIRGINIA, Raw

Arachis hypogaea

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	1 c = 146 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	6.91	0.143	8	1.93	10.09	31.34
Food energy	kcal	563			158	822	2,553
	kJ	2,355			659	3,438	10,680
Protein (N X5.46)	g	25.19	0.375	21	7.05	36.78	114.28
Total lipid (fat)	g	48.75	0.488	27	13.65	71.17	221.11
Carbohydrate, total	g	16.54			4.63	24.15	75.04
Crude fiber	g	4.89	0.034	8	1.37	7.14	22.18
Ash	g	2.61	0.025	8	0.73	3.81	11.83
Minerals:							
Calcium	mg	89	4.593	15	25	130	403
Iron	mg	2.55	0.316	15	0.71	3.72	11.56
Magnesium	mg	171	2.704	15	48	250	776
Phosphorus	mg	380	18.972	15	106	554	1,722
Potassium	mg	690	38.112	15	193	1,008	3,131
Sodium	mg	10	1.511	15	3	15	47
Zinc	mg	4.43	0.518	15	1.24	6.47	20.10
Copper	mg	1.112	0.042	15	0.311	1.624	5.044
Manganese	mg	1.696	0.062	15	0.475	2.476	7.693
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.653	0.002	8	0.183	0.953	2.962
Riboflavin	mg	0.131	0.001	8	0.037	0.191	0.594
Niacin	mg	12.375	0.301	8	3.465	18.068	56.133
Pantothenic acid	mg	1.759			0.493	2.568	7.979
Vitamin B_6	mg	0.346			0.097	0.505	1.569
Folacin	mcg	238.7			66.8	348.5	1,082.7
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	6.361			1.781	9.287	28.853
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.012			0.003	0.018	0.054
16:0	g	4.509			1.263	6.583	20.453
18:0	g	1.151			0.322	1.680	5.221
Monounsaturated, total	g	25.289			7.081	36.922	114.711
16:1	g	0.053			0.015	0.077	0.240
18:1	g	24.676			6.909	36.027	111.930
20:1	g	0.544			0.152	0.794	2.468
22:1	g						
Polyunsaturated, total	g	14.708			4.118	21.474	66.715
18:2	g	14.679			4.110	21.431	66.584
18:3	g	0.019			0.005	0.028	0.086
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.245			0.069	0.358	1.111
Threonine	g	0.863			0.242	1.260	3.915
Isoleucine	g	0.886			0.248	1.294	4.019
Leucine	g	1.633			0.457	2.384	7.407
Lysine	g	0.904			0.253	1.320	4.101
Methionine	g	0.309			0.087	0.451	1.402
Cystine	g	0.323			0.090	0.472	1.465
Phenylalanine	g	1.306			0.366	1.907	5.924
Tyrosine	g	1.024			0.287	1.495	4.645
Valine	g	1.057			0.296	1.543	4.795
Arginine	g	3.013			0.844	4.399	13.667
Histidine	g	0.637			0.178	0.930	2.889
Alanine	g	1.001			0.280	1.461	4.541
Aspartic acid	g	3.073			0.860	4.487	13.939
Glutamic acid	g	5.265			1.474	7.687	23.882
Glycine	g	1.518			0.425	2.216	6.886
Proline	g	1.112			0.311	1.624	5.044
Serine	g	1.241			0.347	1.812	5.629

PEANUTS, VIRGINIA, Oil-roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	1 c = 143 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	2.17	0.066	15	0.61	3.10	9.84
Food energy	kcal	578			161	826	2,620
	kJ	2,416			674	3,456	10,961
Protein (N X5.46)	g	25.87	0.332	15	8.29	37.00	117.36
Total lipid (fat)	g	48.62	0.478	15	13.61	69.52	220.53
Carbohydrate, total	g	19.86			4.52	28.41	90.10
Crude fiber	g	5.38	0.124	8	1.51	7.69	24.39
Ash	g	3.48	0.119	8	0.97	4.97	15.77
Minerals:							
Calcium	mg	86	0.246	8	24	123	391
Iron	mg	1.67	0.044	8	0.47	2.38	7.56
Magnesium	mg	188	1.102	8	53	269	853
Phosphorus	mg	506	0.845	8	142	723	2,294
Potassium	mg	652	0.720	8	183	933	2,959
Sodium[1]	mg	433			121	619	1,964
Zinc	mg	6.62	0.020	8	1.85	9.47	30.04
Copper	mg	1.273	0.013	8	0.356	1.820	5.774
Manganese	mg	2.008	0.019	8	0.562	2.871	9.108
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.276	0.002	8	0.077	0.395	1.252
Riboflavin	mg	0.112	0.002	8	0.031	0.160	0.508
Niacin	mg	14.700	0.436	8	4.116	21.021	66.679
Pantothenic acid	mg	1.386			0.388	1.982	6.287
Vitamin B_6	mg	0.254			0.071	0.363	1.152
Folacin	mcg	125.4			35.1	179.4	568.9
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	6.345			1.777	9.073	28.781
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.012			0.003	0.017	0.054
16:0	g	4.498			1.259	6.432	20.403
18:0	g	1.148			0.321	1.642	5.207
Monounsaturated, total	g	25.222			7.062	36.067	114.407
16:1	g	0.053			0.015	0.076	0.240
18:1	g	24.610			6.891	35.192	111.631
20:1	g	0.542			0.152	0.775	2.459
22:1	g						
Polyunsaturated, total	g	14.669			4.107	20.977	66.539
18:2	g	14.640			4.099	20.935	66.407
18:3	g	0.019			0.005	0.027	0.086
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.251			0.070	0.359	1.139
Threonine	g	0.886			0.248	1.267	4.019
Isoleucine	g	0.910			0.255	1.301	4.128
Leucine	g	1.677			0.470	2.398	7.607
Lysine	g	0.929			0.260	1.328	4.214
Methionine	g	0.317			0.089	0.453	1.438
Cystine	g	0.332			0.093	0.475	1.506
Phenylalanine	g	1.341			0.375	1.918	6.083
Tyrosine	g	1.052			0.295	1.504	4.772
Valine	g	1.085			0.304	1.552	4.922
Arginine	g	3.094			0.866	4.424	14.034
Histidine	g	0.654			0.183	0.935	2.967
Alanine	g	1.028			0.288	1.470	4.663
Aspartic acid	g	3.156			0.884	4.513	14.316
Glutamic acid	g	5.406			1.514	7.731	24.522
Glycine	g	1.559			0.437	2.229	7.072
Proline	g	1.142			0.320	1.633	5.180
Serine	g	1.275			0.357	1.823	5.783

[1] Value is for product with salt added; if no salt is added, sodium = 6 mg per 100 g.

PEANUT BUTTER, Chunk style[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 2 tbsp = 32 g	1 c = 258 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	1.13		219	0.36	2.91	5.12
Food energy	kcal	589			188	1,520	2,673
	kJ	2,466			789	6,361	11,184
Protein (N X5.46)	g	24.05		291	7.70	62.04	109.07
Total lipid (fat)	g	49.94		295	15.98	128.84	226.51
Carbohydrate, total	g	21.59			6.91	55.71	97.94
Crude fiber[2]	g	2.50		2	0.80	6.45	11.34
Ash	g	3.30		206	1.06	8.51	14.96
Minerals:							
Calcium	mg	41		7	13	105	184
Iron	mg	1.90		259	0.61	4.90	8.61
Magnesium	mg	159		192	51	409	720
Phosphorus	mg	317		192	101	817	1,436
Potassium	mg	747		186	239	1,928	3,389
Sodium[3]	mg	486		270	156	1,255	2,206
Zinc	mg	2.78		192	0.89	7.17	12.60
Copper	mg	0.515		2	0.165	1.329	2.336
Manganese	mg	1.865		2	0.597	4.812	8.460
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.125		7	0.040	0.323	0.567
Riboflavin	mg	0.112		7	0.036	0.289	0.508
Niacin	mg	13.689		273	4.380	35.318	62.093
Pantothenic acid	mg	0.964		2	0.308	2.487	4.373
Vitamin B_6	mg	0.450		2	0.144	1.161	2.041
Folacin	mcg	92.0		2	29.4	237.4	417.3
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	9.580			3.066	24.716	43.455
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.022			0.007	0.057	0.100
14:0	g	0.050			0.016	0.129	0.227
16:0	g	5.496			1.759	14.180	24.930
18:0	g	2.141			0.685	5.524	9.712
Monounsaturated, total	g	23.560			7.539	60.785	106.868
16:1	g						
18:1	g	22.943			7.342	59.193	104.069
20:1	g	0.617			0.197	1.592	2.799
22:1	g						
Polyunsaturated, total	g	14.350			4.592	37.023	65.092
18:2	g	14.085			4.507	36.339	63.890
18:3	g	0.078			0.025	0.201	0.354
18:4	g						
20:4	g	0.187			0.060	0.482	0.848
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg	102			33	263	463
Amino acids:							
Tryptophan	g	0.233			0.075	0.601	1.057
Threonine	g	0.823			0.263	2.123	3.733
Isoleucine	g	0.845			0.270	2.180	3.833
Leucine	g	1.559			0.499	4.022	7.072
Lysine	g	0.863			0.276	2.227	3.915
Methionine	g	0.295			0.094	0.761	1.338
Cystine	g	0.308			0.099	0.795	1.397
Phenylalanine	g	1.246			0.399	3.215	5.652
Tyrosine	g	0.977			0.313	2.521	4.432
Valine	g	1.008			0.323	2.601	4.572
Arginine	g	2.875			0.920	7.418	13.041
Histidine	g	0.608			0.195	1.569	2.758
Alanine	g	0.955			0.306	2.464	4.332
Aspartic acid	g	2.932			0.938	7.565	13.300
Glutamic acid	g	5.024			1.608	12.962	22.789
Glycine	g	1.449			0.464	3.738	6.573
Proline	g	1.061			0.340	2.737	4.813
Serine	g	1.184			0.379	3.055	5.371

[1] Product contains added fat, sugar, and salt.
[2] Insoluble dietary fiber as determined by the neutral detergent fiber method = 2.9 g per 100 g.
[3] Value is for product with salt added; if no salt is added, sodium = 17 mg per 100 g.

PEANUT BUTTER, Smooth style[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 2 tbsp = 32 g	1 c = 258 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	1.42	0.038	450	0.45	3.67	6.45
Food energy	kcal	588			188	1,517	2,667
	kJ	2,460			787	6,347	11,159
Protein (N X5.46)	g	24.59	0.087	668	7.87	63.45	111.55
Total lipid (fat)	g	49.98	0.119	648	15.99	128.96	226.73
Carbohydrate, total	g	20.71			6.63	53.43	93.95
Crude fiber	g	2.41	0.105	8	0.77	6.22	10.94
Ash	g	3.29	0.038	388	1.05	8.49	14.93
Minerals:							
Calcium	mg	34	1.131	34	11	88	154
Iron	mg	1.67	0.101	511	0.53	4.30	7.56
Magnesium	mg	157	1.312	345	50	406	714
Phosphorus	mg	323	3.609	339	103	834	1,467
Potassium	mg	721	5.516	215	231	1,861	3,271
Sodium [2]	mg	478	7.828	542	153	1,234	2,170
Zinc	mg	2.51	0.047	324	0.80	6.47	11.37
Copper	mg	0.556	0.013	19	0.178	1.434	2.522
Manganese	mg	1.536	0.089	19	0.492	3.963	6.967
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.136	0.021	24	0.044	0.351	0.617
Riboflavin	mg	0.099	0.006	26	0.032	0.255	0.449
Niacin	mg	13.090	0.255	506	4.189	33.772	59.376
Pantothenic acid	mg	0.920	0.077	8	0.294	2.374	4.173
Vitamin B_6	mg	0.378	0.038	10	0.121	0.975	1.715
Folacin	mcg	78.2	7.396	10	25.0	201.7	354.6
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	9.589			3.068	24.740	43.496
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.022			0.007	0.057	0.100
14:0	g	0.050			0.016	0.129	0.227
16:0	g	5.501			1.760	14.193	24.953
18:0	g	2.143			0.686	5.529	9.721
Monounsaturated, total	g	23.582			7.546	60.842	106.968
16:1	g						
18:1	g	22.964			7.348	59.247	104.165
20:1	g	0.618			0.198	1.594	2.803
22:1	g						
Polyunsaturated, total	g	14.364			4.596	37.059	65.155
18:2	g	14.098			4.511	36.373	63.949
18:3	g	0.078			0.025	0.201	0.354
18:4	g						
20:4	g	0.187			0.060	0.482	0.848
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg	102			33	263	463
Amino acids:							
Tryptophan	g	0.239			0.076	0.617	1.084
Threonine	g	0.842			0.269	2.172	3.819
Isoleucine	g	0.865			0.277	2.232	3.924
Leucine	g	1.594			0.510	4.113	7.230
Lysine	g	0.883			0.283	2.278	4.005
Methionine	g	0.302			0.097	0.779	1.370
Cystine	g	0.315			0.101	0.813	1.429
Phenylalanine	g	1.275			0.408	3.290	5.783
Tyrosine	g	1.000			0.320	2.580	4.536
Valine	g	1.031			0.330	2.660	4.677
Arginine	g	2.941			0.941	7.588	13.340
Histidine	g	0.622			0.199	1.605	2.821
Alanine	g	0.977			0.313	2.521	4.432
Aspartic acid	g	3.000			0.960	7.740	13.608
Glutamic acid	g	5.139			1.644	13.259	23.311
Glycine	g	1.482			0.474	3.824	6.722
Proline	g	1.085			0.347	2.799	4.922
Serine	g	1.212			0.388	3.127	5.498

[1] Product contains added fat, sugar, and salt.
[2] Value is for product with salt added; if no salt is added, sodium = 17 mg per 100 g.

PEANUT FLOUR, Defatted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	1 c = 60 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	7.80	0.800	2	2.18	4.68	35.38
Food energy	kcal	327			92	196	1,483
	kJ	1,368			383	821	6,205
Protein (N X5.46)	g	52.20	2.403	2	14.62	31.32	236.77
Total lipid (fat)	g	0.55	0.050	2	0.15	0.33	2.49
Carbohydrate, total	g	34.70			9.72	20.82	157.41
Crude fiber	g	4.05	0.550	2	1.13	2.43	18.37
Ash	g	4.75	0.150	2	1.33	2.85	21.55
Minerals:							
Calcium	mg	140		1	39	84	635
Iron	mg	2.10		1	0.59	1.26	9.53
Magnesium	mg	370		1	104	222	1,678
Phosphorus	mg	760		1	213	456	3,447
Potassium	mg	1,290		1	361	774	5,851
Sodium	mg	180		1	50	108	816
Zinc	mg	5.10		1	1.43	3.06	23.13
Copper	mg	1.800		1	0.504	1.080	8.165
Manganese	mg	4.900		1	1.372	2.940	22.226
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.700		1	0.196	0.420	3.175
Riboflavin	mg	0.480		1	0.134	0.288	2.177
Niacin	mg	27.000		1	7.560	16.200	122.472
Pantothenic acid	mg	2.744			0.768	1.646	12.447
Vitamin B_6	mg	0.504			0.141	0.302	2.286
Folacin	mcg	248.2			69.5	148.9	1,125.8
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.063			0.018	0.038	0.286
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.048			0.013	0.029	0.218
18:0	g	0.010			0.003	0.006	0.045
Monounsaturated, total	g	0.225			0.063	0.135	1.021
16:1	g	0.000			0.000	0.000	0.000
18:1	g	0.219			0.061	0.131	0.993
20:1	g	0.006			0.002	0.004	0.027
22:1	g						
Polyunsaturated, total	g	0.143			0.040	0.086	0.649
18:2	g	0.143			0.040	0.086	0.649
18:3	g	0.000			0.000	0.000	0.000
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.507			0.142	0.304	2.300
Threonine	g	1.788			0.501	1.073	8.110
Isoleucine	g	1.836			0.514	1.102	8.328
Leucine	g	3.384			0.948	2.030	15.350
Lysine	g	1.874			0.525	1.124	8.500
Methionine	g	0.641			0.179	0.385	2.908
Cystine	g	0.669			0.187	0.401	3.035
Phenylalanine	g	2.705			0.757	1.623	12.270
Tyrosine	g	2.122			0.594	1.273	9.625
Valine	g	2.189			0.613	1.313	9.929
Arginine	g	6.243			1.748	3.746	28.318
Histidine	g	1.319			0.369	0.791	5.983
Alanine	g	2.075			0.581	1.245	9.412
Aspartic acid	g	6.367			1.783	3.820	28.881
Glutamic acid	g	10.908			3.054	6.545	49.479
Glycine	g	3.145			0.881	1.887	14.266
Proline	g	2.304			0.645	1.382	10.451
Serine	g	2.572			0.720	1.543	11.667

PEANUT FLOUR, Low-fat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	1 c = 60 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	7.80			2.18	4.68	35.38
Food energy	kcal	428			120	257	1,941
	kJ	1,790			501	1,074	8,120
Protein (N X5.46)	g	33.80		1	9.46	20.28	153.30
Total lipid (fat)	g	21.90		1	6.13	13.14	99.34
Carbohydrate, total	g	31.27			8.76	18.76	141.85
Crude fiber	g						
Ash	g	5.23		1	1.46	3.14	23.72
Minerals:							
Calcium	mg	130	7.319	8	36	78	590
Iron	mg	4.74	0.956	8	1.33	2.84	21.51
Magnesium	mg	48	9.774	8	13	29	215
Phosphorus	mg						
Potassium	mg	1,358	70.704	8	380	815	6,158
Sodium	mg	1	0.117	7	0	0	3
Zinc	mg	5.99	0.384	8	1.68	3.59	27.15
Copper	mg	2.039	0.457	8	0.571	1.223	9.249
Manganese	mg	4.231	0.418	8	1.185	2.539	19.192
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	3.040			0.851	1.824	13.789
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.011			0.003	0.007	0.050
16:0	g	2.292			0.642	1.375	10.397
18:0	g	0.489			0.137	0.293	2.218
Monounsaturated, total	g	10.866			3.042	6.520	49.288
16:1	g	0.004			0.001	0.002	0.018
18:1	g	10.567			2.959	6.340	47.932
20:1	g	0.294			0.082	0.176	1.334
22:1	g						
Polyunsaturated, total	g	6.921			1.938	4.153	31.394
18:2	g	6.919			1.937	4.151	31.385
18:3	g	0.001			0.000	0.001	0.005
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.328			0.092	0.197	1.488
Threonine	g	1.158			0.324	0.695	5.253
Isoleucine	g	1.188			0.333	0.713	5.389
Leucine	g	2.191			0.613	1.315	9.938
Lysine	g	1.213			0.340	0.728	5.502
Methionine	g	0.415			0.116	0.249	1.882
Cystine	g	0.433			0.121	0.260	1.964
Phenylalanine	g	1.752			0.491	1.051	7.947
Tyrosine	g	1.374			0.385	0.824	6.232
Valine	g	1.418			0.397	0.851	6.432
Arginine	g	4.042			1.132	2.425	18.335
Histidine	g	0.854			0.239	0.512	3.874
Alanine	g	1.343			0.376	0.806	6.092
Aspartic acid	g	4.123			1.154	2.474	18.702
Glutamic acid	g	7.063			1.978	4.238	32.038
Glycine	g	2.037			0.570	1.222	9.240
Proline	g	1.492			0.418	0.895	6.768
Serine	g	1.665			0.466	0.999	7.552

PIGEON PEAS, Raw

Cajanus cajan

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 102 g	1 c = 205 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	10.59	0.380	28	10.80	21.71	48.03
Food energy	kcal	343			350	704	1,557
	kJ	1,436			1,465	2,944	6,515
Protein (N X6.25)	g	21.70	0.315	41	22.13	44.48	98.42
Total lipid (fat)	g	1.49	0.105	23	1.52	3.06	6.76
Carbohydrate, total	g	62.78			64.03	128.69	284.75
Crude fiber[1]	g	3.12	0.960	13	3.18	6.40	14.16
Ash	g	3.45	0.053	28	3.52	7.07	15.64
Minerals:							
Calcium	mg	130	7.724	18	133	267	590
Iron	mg	5.23	0.367	30	5.33	10.72	23.71
Magnesium	mg	183	17.121	14	187	375	830
Phosphorus	mg	367	30.430	18	374	752	1,665
Potassium	mg	1,392	23.534	9	1,419	2,853	6,312
Sodium	mg	17	1.407	4	17	34	75
Zinc	mg	2.76	0.260	9	2.82	5.66	12.52
Copper	mg	1.057	0.036	9	1.078	2.167	4.795
Manganese	mg	1.791	0.138	9	1.827	3.672	8.124
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.643	0.060	11	0.656	1.318	2.917
Riboflavin	mg	0.187	0.015	12	0.191	0.383	0.848
Niacin	mg	2.965	0.363	12	3.024	6.078	13.449
Pantothenic acid	mg	1.266	0.057	8	1.291	2.595	5.743
Vitamin B_6	mg	0.283	0.041	12	0.289	0.580	1.284
Folacin	mcg	456.0	15.181	8	465.1	934.8	2,068.4
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	3	0.234	8	3	6	12
	IU	28	2.344	8	28	56	125
Lipids:							
Fatty acids:							
Saturated, total	g	0.330			0.337	0.677	1.497
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.307			0.313	0.629	1.393
18:0	g	0.024			0.024	0.049	0.109
Monounsaturated, total	g	0.012			0.012	0.025	0.054
16:1	g						
18:1	g	0.012			0.012	0.025	0.054
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.814			0.830	1.669	3.692
18:2	g	0.778			0.794	1.595	3.529
18:3	g	0.035			0.036	0.072	0.159
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.212		14	0.216	0.435	0.962
Threonine	g	0.767		28	0.782	1.572	3.479
Isoleucine	g	0.785		28	0.801	1.609	3.561
Leucine	g	1.549		28	1.580	3.175	7.026
Lysine	g	1.521		28	1.551	3.118	6.899
Methionine	g	0.243		26	0.248	0.498	1.102
Cystine	g	0.250		19	0.255	0.513	1.134
Phenylalanine	g	1.858		19	1.895	3.809	8.428
Tyrosine	g	0.538		26	0.549	1.103	2.440
Valine	g	0.937		28	0.956	1.921	4.250
Arginine	g	1.299		26	1.325	2.663	5.892
Histidine	g	0.774		26	0.789	1.587	3.511
Alanine	g	0.972		24	0.991	1.993	4.409
Aspartic acid	g	2.146		24	2.189	4.399	9.734
Glutamic acid	g	5.031		24	5.132	10.314	22.821
Glycine	g	0.802		24	0.818	1.644	3.638
Proline	g	0.955		23	0.974	1.958	4.332
Serine	g	1.028		24	1.049	2.107	4.663

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 13.5 g per 100 g.

PIGEON PEAS, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 84 g	1 c = 168 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	68.55	0.415	8	57.58	115.16	310.94
Food energy	kcal	121			102	204	550
	kJ	507			426	852	2,301
Protein (N X6.25)	g	6.76	0.243	8	5.68	11.36	30.67
Total lipid (fat)	g	0.38	0.031	8	0.32	0.63	1.70
Carbohydrate, total	g	23.25			19.53	39.06	105.47
Crude fiber[1]	g	1.10			0.92	1.84	4.97
Ash	g	1.06	0.057	8	0.89	1.78	4.82
Minerals:							
Calcium	mg	43	1.514	8	36	72	196
Iron	mg	1.11	0.042	8	0.93	1.86	5.01
Magnesium	mg	46	2.659	8	38	77	207
Phosphorus	mg	119	3.728	8	100	201	542
Potassium	mg	384	15.802	8	322	644	1,740
Sodium	mg	5	0.573	4	5	9	25
Zinc	mg	0.90	0.035	8	0.76	1.51	4.09
Copper	mg	0.269	0.017	8	0.226	0.452	1.220
Manganese	mg	0.501	0.056	8	0.421	0.842	2.273
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.146	0.010	8	0.123	0.245	0.662
Riboflavin	mg	0.059	0.003	8	0.050	0.099	0.268
Niacin	mg	0.781	0.052	8	0.656	1.312	3.543
Pantothenic acid	mg	0.319	0.024	8	0.268	0.536	1.447
Vitamin B_6	mg	0.050	0.002	8	0.042	0.084	0.227
Folacin	mcg	110.8	4.636	8	93.0	186.1	502.4
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0	0.024	8	0	0	1
	IU	3	0.239	8	2	4	11
Lipids:							
Fatty acids:							
Saturated, total	g	0.083			0.070	0.139	0.376
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.077			0.065	0.129	0.349
18:0	g	0.006			0.005	0.010	0.027
Monounsaturated, total	g	0.003			0.003	0.005	0.014
16:1	g						
18:1	g	0.003			0.003	0.005	0.014
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.205			0.172	0.344	0.930
18:2	g	0.196			0.165	0.329	0.889
18:3	g	0.009			0.008	0.015	0.041
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.066			0.055	0.111	0.299
Threonine	g	0.239			0.201	0.402	1.084
Isoleucine	g	0.245			0.206	0.412	1.111
Leucine	g	0.483			0.406	0.811	2.191
Lysine	g	0.474			0.398	0.796	2.150
Methionine	g	0.076			0.064	0.128	0.345
Cystine	g	0.078			0.066	0.131	0.354
Phenylalanine	g	0.579			0.486	0.973	2.626
Tyrosine	g	0.168			0.141	0.282	0.762
Valine	g	0.292			0.245	0.491	1.325
Arginine	g	0.405			0.340	0.680	1.837
Histidine	g	0.241			0.202	0.405	1.093
Alanine	g	0.303			0.255	0.509	1.374
Aspartic acid	g	0.669			0.562	1.124	3.035
Glutamic acid	g	1.568			1.317	2.634	7.112
Glycine	g	0.250			0.210	0.420	1.134
Proline	g	0.298			0.250	0.501	1.352
Serine	g	0.320			0.269	0.538	1.452

[1]Insoluble dietary fiber as determined by the neutral detergent fiber method = 4.7 g per 100 g.

REFRIED BEANS, Canned

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 126 g	1 c = 253 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72.28	0.909	4	91.07	182.86	327.84
Food energy	kcal	107			134	270	484
	kJ	446			562	1,129	2,023
Protein (N X6.25)	g	6.23	0.285	4	7.85	15.77	28.28
Total lipid (fat)	g	1.07	0.324	5	1.35	2.70	4.84
Carbohydrate, total	g	18.50			23.31	46.81	83.92
Crude fiber	g	3.17	0.374	3	4.00	8.03	14.39
Ash	g	1.92	0.023	3	2.42	4.87	8.72
Minerals:							
Calcium	mg	46	4.351	6	59	118	211
Iron	mg	1.77	0.054	4	2.22	4.47	8.01
Magnesium	mg	39	1.462	3	49	99	177
Phosphorus	mg	84	35.075	3	106	214	383
Potassium	mg	393	10.000	2	495	994	1,783
Sodium	mg	424	28.500	2	534	1,071	1,921
Zinc	mg	1.37	0.194	4	1.72	3.45	6.19
Copper	mg	0.411	0.012	4	0.518	1.040	1.864
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	6.0	1.000	2	7.6	15.2	27.2
Thiamin	mg	0.049	0.010	3	0.062	0.124	0.222
Riboflavin	mg	0.055	0.005	3	0.069	0.139	0.249
Niacin	mg	0.485	0.015	3	0.611	1.227	2.200
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.412			0.519	1.042	1.869
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.001			0.001	0.003	0.005
12:0	g	0.002			0.003	0.005	0.009
14:0	g	0.013			0.016	0.033	0.059
16:0	g	0.254			0.320	0.643	1.152
18:0	g	0.138			0.174	0.349	0.626
Monounsaturated, total	g	0.462			0.582	1.169	2.096
16:1	g	0.027			0.034	0.068	0.122
18:1	g	0.423			0.533	1.070	1.919
20:1	g	0.010			0.013	0.025	0.045
22:1	g						
Polyunsaturated, total	g	0.137			0.173	0.347	0.621
18:2	g	0.116			0.146	0.293	0.526
18:3	g	0.021			0.026	0.053	0.095
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.074			0.093	0.187	0.336
Threonine	g	0.262			0.330	0.663	1.188
Isoleucine	g	0.275			0.347	0.696	1.247
Leucine	g	0.498			0.627	1.260	2.259
Lysine	g	0.428			0.539	1.083	1.941
Methionine	g	0.094			0.118	0.238	0.426
Cystine	g	0.068			0.086	0.172	0.308
Phenylalanine	g	0.337			0.425	0.853	1.529
Tyrosine	g	0.175			0.221	0.443	0.794
Valine	g	0.326			0.411	0.825	1.479
Arginine	g	0.386			0.486	0.977	1.751
Histidine	g	0.173			0.218	0.438	0.785
Alanine	g	0.261			0.329	0.660	1.184
Aspartic acid	g	0.754			0.950	1.908	3.420
Glutamic acid	g	0.950			1.197	2.404	4.309
Glycine	g	0.243			0.306	0.615	1.102
Proline	g	0.264			0.333	0.668	1.198
Serine	g	0.339			0.427	0.858	1.538

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 strip = 8 g	1 c = 144 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	48.98	4.715	2	3.92	70.52	222.15
Food energy	kcal	310			25	446	1,406
	kJ	1,297			104	1,867	5,882
Protein (N X5.71)	g	10.68	1.656	2	0.85	15.38	48.44
Total lipid (fat)	g	29.52	8.470	2	2.36	42.51	133.90
Carbohydrate, total	g	6.33			0.51	9.12	28.72
Crude fiber[1]	g						
Ash	g	4.50	0.035	2	0.36	6.47	20.39
Minerals:							
Calcium	mg	23	1.050	2	2	33	104
Iron	mg	2.41	0.180	2	0.19	3.47	10.93
Magnesium	mg	19	1.650	2	2	27	85
Phosphorus	mg	70	11.700	2	6	101	318
Potassium	mg	170	12.000	2	14	245	771
Sodium	mg	1,465	98.000	2	117	2,110	6,645
Zinc	mg	0.42	0.135	2	0.03	0.60	1.88
Copper	mg	0.105	0.025	2	0.008	0.151	0.476
Manganese	mg	0.205	0.005	2	0.016	0.295	0.930
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	4.400			0.352	6.336	19.958
Riboflavin	mg	0.481	0.062	2	0.038	0.693	2.182
Niacin	mg	7.560	1.480	2	0.605	10.886	34.292
Pantothenic acid	mg	0.113	0.003	2	0.009	0.163	0.513
Vitamin B_6	mg	0.479	0.033	2	0.038	0.690	2.173
Folacin	mcg	41.5	17.500	2	3.3	59.8	188.2
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	9	0.350	2	1	13	40
	IU	88	3.500	2	7	126	397
Lipids:							
Fatty acids:							
Saturated, total	g	4.622			0.370	6.656	20.965
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.245			0.020	0.353	1.111
14:0	g	0.163			0.013	0.235	0.739
16:0	g	3.045			0.244	4.385	13.812
18:0	g	1.169			0.094	1.683	5.303
Monounsaturated, total	g	7.095			0.568	10.217	32.183
16:1	g						
18:1	g	7.095			0.568	10.217	32.183
20:1	g						
22:1	g						
Polyunsaturated, total	g	15.441			1.235	22.235	70.040
18:2	g	13.756			1.100	19.809	62.397
18:3	g	1.686			0.135	2.428	7.648
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.161		12	0.013	0.232	0.730
Threonine	g	0.453		18	0.036	0.652	2.055
Isoleucine	g	0.559		18	0.045	0.805	2.536
Leucine	g	0.914		18	0.073	1.316	4.146
Lysine	g	0.727		18	0.058	1.047	3.298
Methionine	g	0.146		17	0.012	0.210	0.662
Cystine	g	0.176		14	0.014	0.253	0.798
Phenylalanine	g	0.611		17	0.049	0.880	2.771
Tyrosine	g	0.400		17	0.032	0.576	1.814
Valine	g	0.593		18	0.047	0.854	2.690
Arginine	g	0.875		15	0.070	1.260	3.969
Histidine	g	0.299		15	0.024	0.431	1.356
Alanine	g	0.492		14	0.039	0.708	2.232
Aspartic acid	g	1.330		13	0.106	1.915	6.033
Glutamic acid	g	2.429		14	0.194	3.498	11.018
Glycine	g	0.473		14	0.038	0.681	2.146
Proline	g	0.643		14	0.051	0.926	2.917
Serine	g	0.626		14	0.050	0.901	2.840

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 0.7 g per 100 g.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	1 c = 88 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	7.48	0.242	16	2.09	6.58	33.93
Food energy	kcal	313			88	275	1,420
	kJ	1,310			367	1,153	5,941
Protein (N X5.71)	g	38.11	0.405	17	10.67	33.53	172.84
Total lipid (fat)	g	2.97	0.230	16	0.83	2.61	13.46
Carbohydrate, total	g	38.32			10.73	33.72	173.83
Crude fiber	g	1.66	0.107	16	0.47	1.46	7.54
Ash	g	13.13	0.487	16	3.68	11.55	59.55
Minerals:							
Calcium	mg	204	2.250	2	57	179	924
Iron	mg	11.99	1.256	15	3.36	10.55	54.37
Magnesium	mg	216	4.910	14	61	190	981
Phosphorus	mg						
Potassium	mg						
Sodium	mg	10			3	8	43
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.702	0.054	16	0.197	0.618	3.184
Riboflavin	mg	0.891	0.069	16	0.249	0.784	4.042
Niacin	mg	22.021	1.420	16	6.166	19.378	99.887
Pantothenic acid	mg						
Vitamin B_6	mg	1.336	0.139	14	0.374	1.176	6.060
Folacin	mcg						
Vitamin B_{12}	mcg	6.28	0.474	14	1.76	5.53	28.48
Vitamin A	RE	3	0.328	14	1	3	14
	IU	32	3.280	14	9	28	144
Lipids:							
Fatty acids:							
Saturated, total	g	0.424			0.119	0.373	1.923
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.008			0.002	0.007	0.036
16:0	g	0.312			0.087	0.275	1.415
18:0	g	0.105			0.029	0.092	0.476
Monounsaturated, total	g	0.648			0.181	0.570	2.939
16:1	g	0.008			0.002	0.007	0.036
18:1	g	0.642			0.180	0.565	2.912
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.657			0.464	1.458	7.516
18:2	g	1.461			0.409	1.286	6.627
18:3	g	0.196			0.055	0.172	0.889
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.574			0.161	0.505	2.604
Threonine	g	1.615			0.452	1.421	7.326
Isoleucine	g	1.995			0.559	1.756	9.049
Leucine	g	3.263			0.914	2.871	14.801
Lysine	g	2.596			0.727	2.284	11.775
Methionine	g	0.520			0.146	0.458	2.359
Cystine	g	0.627			0.176	0.552	2.844
Phenylalanine	g	2.182			0.611	1.920	9.898
Tyrosine	g	1.428			0.400	1.257	6.477
Valine	g	2.115			0.592	1.861	9.594
Arginine	g	3.123			0.874	2.748	14.166
Histidine	g	1.068			0.299	0.940	4.844
Alanine	g	1.755			0.491	1.544	7.961
Aspartic acid	g	4.745			1.329	4.176	21.523
Glutamic acid	g	8.668			2.427	7.628	39.318
Glycine	g	1.688			0.473	1.485	7.657
Proline	g	2.296			0.643	2.020	10.415
Serine	g	2.235			0.626	1.967	10.138

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 link = 25 g	1 patty = 38 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	50.40	0.920	2	12.60	19.15	228.61
Food energy	kcal	256			64	97	1,163
	kJ	1,072			268	408	4,865
Protein (N X5.71)	g	18.53	0.371	2	4.63	7.04	84.05
Total lipid (fat)	g	18.16	1.085	2	4.54	6.90	82.35
Carbohydrate, total	g	9.85			2.46	3.74	44.66
Crude fiber[1]	g						
Ash	g	3.07	0.090	2	0.77	1.17	13.93
Minerals:							
Calcium	mg	63	0.150	2	16	24	285
Iron	mg	3.72	0.545	2	0.93	1.41	16.85
Magnesium	mg	36	3.750	2	9	14	162
Phosphorus	mg	225	31.600	2	56	85	1,018
Potassium	mg	231	0.000	2	58	88	1,048
Sodium	mg	888	24.000	2	222	337	4,028
Zinc	mg	1.46	0.140	2	0.37	0.55	6.62
Copper	mg	0.250	0.030	2	0.063	0.095	1.134
Manganese	mg	0.725	0.025	2	0.181	0.276	3.289
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	2.343	0.924	2	0.586	0.890	10.628
Riboflavin	mg	0.402	0.049	2	0.101	0.153	1.823
Niacin	mg	11.195	0.915	2	2.799	4.254	50.781
Pantothenic acid	mg	0.323	0.175	2	0.081	0.123	1.465
Vitamin B_6	mg	0.828	0.000	2	0.207	0.315	3.756
Folacin	mcg	26.0	9.000	2	6.5	9.9	117.9
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	64		1	16	24	290
	IU	640		1	160	243	2,903
Lipids:							
Fatty acids:							
Saturated, total	g	2.926			0.732	1.112	13.272
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.217			0.054	0.082	0.984
14:0	g	0.067			0.017	0.025	0.304
16:0	g	1.856			0.464	0.705	8.419
18:0	g	0.786			0.197	0.299	3.565
Monounsaturated, total	g	4.498			1.125	1.709	20.403
16:1	g						
18:1	g	4.498			1.125	1.709	20.403
20:1	g						
22:1	g						
Polyunsaturated, total	g	9.279			2.320	3.526	42.090
18:2	g	8.209			2.052	3.119	37.236
18:3	g	1.070			0.268	0.407	4.854
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.279			0.070	0.106	1.266
Threonine	g	0.785			0.196	0.298	3.561
Isoleucine	g	0.970			0.243	0.369	4.400
Leucine	g	1.587			0.397	0.603	7.199
Lysine	g	1.262			0.316	0.480	5.724
Methionine	g	0.253			0.063	0.096	1.148
Cystine	g	0.305			0.076	0.116	1.383
Phenylalanine	g	1.061			0.265	0.403	4.813
Tyrosine	g	0.694			0.174	0.264	3.148
Valine	g	1.029			0.257	0.391	4.668
Arginine	g	1.519			0.380	0.577	6.890
Histidine	g	0.519			0.130	0.197	2.354
Alanine	g	0.853			0.213	0.324	3.869
Aspartic acid	g	2.307			0.577	0.877	10.465
Glutamic acid	g	4.215			1.054	1.602	19.119
Glycine	g	0.821			0.205	0.312	3.724
Proline	g	1.116			0.279	0.424	5.062
Serine	g	1.087			0.272	0.413	4.931

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 0.5 g per 100 g.

SOYBEANS, Raw

Glycine max

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 93 g	1 c = 186 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	8.54	0.142	433	7.94	15.88	38.71
Food energy	kcal	416			387	774	1,888
	kJ	1,742			1,620	3,240	7,900
Protein (N X5.71)	g	36.49	0.205	454	33.94	67.88	165.54
Total lipid (fat)	g	19.94	0.183	364	18.54	37.08	90.44
Carbohydrate, total	g	30.16			28.05	56.11	136.82
Crude fiber[1]	g	4.96	0.787	138	4.62	9.23	22.51
Ash	g	4.87	0.092	190	4.53	9.06	22.09
Minerals:							
Calcium	mg	277	5.268	71	257	515	1,256
Iron	mg	15.70	0.741	78	14.60	29.20	71.20
Magnesium	mg	280	9.190	49	261	521	1,271
Phosphorus	mg	704	11.330	82	654	1,309	3,191
Potassium	mg	1,797	28.702	56	1,671	3,343	8,152
Sodium	mg	2	1.084	5	2	4	10
Zinc	mg	4.89	0.073	60	4.54	9.09	22.16
Copper	mg	1.658	0.029	60	1.542	3.084	7.521
Manganese	mg	2.517	0.099	58	2.341	4.682	11.417
Vitamins:[2]							
Ascorbic acid	mg	6.0		3	5.6	11.2	27.2
Thiamin	mg	0.874	0.039	50	0.813	1.626	3.964
Riboflavin	mg	0.870	0.196	21	0.809	1.618	3.946
Niacin	mg	1.623	0.303	32	1.509	3.019	7.362
Pantothenic acid	mg	0.793	0.189	6	0.737	1.475	3.597
Vitamin B_6	mg	0.377	0.065	6	0.351	0.701	1.710
Folacin	mcg	375.1			348.8	697.7	1,701.5
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	2		3	2	4	11
	IU	24		3	22	44	108
Lipids:							
Fatty acids:							
Saturated, total	g	2.884			2.682	5.364	13.082
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.055			0.051	0.102	0.249
16:0	g	2.116			1.968	3.936	9.598
18:0	g	0.712			0.662	1.324	3.230
Monounsaturated, total	g	4.404			4.096	8.191	19.977
16:1	g	0.055			0.051	0.102	0.249
18:1	g	4.348			4.044	8.087	19.723
20:1	g						
22:1	g						
Polyunsaturated, total	g	11.255			10.467	20.934	51.053
18:2	g	9.925			9.230	18.461	45.020
18:3	g	1.330			1.237	2.474	6.033
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg	161			150	299	730
Amino acids:							
Tryptophan	g	0.530		61	0.493	0.986	2.404
Threonine	g	1.585		148	1.474	2.948	7.190
Isoleucine	g	1.770		132	1.646	3.292	8.029
Leucine	g	2.972		132	2.764	5.528	13.481
Lysine	g	2.429		156	2.259	4.518	11.018
Methionine	g	0.492		162	0.458	0.915	2.232
Cystine	g	0.588		137	0.547	1.094	2.667
Phenylalanine	g	1.905		132	1.772	3.543	8.641
Tyrosine	g	1.380		127	1.283	2.567	6.260
Valine	g	1.821		132	1.694	3.387	8.260
Arginine	g	2.831		131	2.633	5.266	12.841
Histidine	g	0.984		131	0.915	1.830	4.463
Alanine	g	1.719		126	1.599	3.197	7.797
Aspartic acid	g	4.589		126	4.268	8.536	20.816
Glutamic acid	g	7.068		126	6.573	13.146	32.060
Glycine	g	1.687		127	1.569	3.138	7.652
Proline	g	2.135		141	1.986	3.971	9.684
Serine	g	2.115		142	1.967	3.934	9.594

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 12.5 g per 100 g.
[2] Alpha-tocopherol = 0.85 mg per 100 g.

SOYBEANS, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 86 g	1 c = 172 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	62.55	0.209	69	53.80	107.59	283.74
Food energy	kcal	173			149	298	786
	kJ	725			623	1,247	3,287
Protein (N X5.71)	g	16.64		1	14.31	28.63	75.50
Total lipid (fat)	g	8.97	0.125	69	7.71	15.43	40.69
Carbohydrate, total	g	9.92			8.53	17.07	45.01
Crude fiber	g	2.03			1.75	3.50	9.22
Ash	g	1.91		1	1.64	3.29	8.66
Minerals:							
Calcium	mg	102			88	175	463
Iron	mg	5.14			4.42	8.84	23.32
Magnesium	mg	86			74	148	390
Phosphorus	mg	245			211	421	1,111
Potassium	mg	515			443	886	2,336
Sodium	mg	1			1	1	4
Zinc	mg	1.15		1	0.99	1.98	5.22
Copper	mg	0.407			0.350	0.700	1.846
Manganese	mg	0.824			0.709	1.417	3.738
Vitamins:							
Ascorbic acid	mg	1.7			1.5	3.0	7.8
Thiamin	mg	0.155	0.004	68	0.133	0.267	0.703
Riboflavin	mg	0.285			0.245	0.490	1.293
Niacin	mg	0.399			0.343	0.686	1.810
Pantothenic acid	mg	0.179			0.154	0.308	0.812
Vitamin B_6	mg	0.234	0.098	5	0.201	0.402	1.061
Folacin	mcg	53.8	2.839	4	46.2	92.5	243.8
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	1			1	2	4
	IU	9			8	15	40
Lipids:							
Fatty acids:							
Saturated, total	g	1.297			1.115	2.231	5.883
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.025			0.022	0.043	0.113
16:0	g	0.952			0.819	1.637	4.318
18:0	g	0.320			0.275	0.550	1.452
Monounsaturated, total	g	1.981			1.704	3.407	8.986
16:1	g	0.025			0.022	0.043	0.113
18:1	g	1.956			1.682	3.364	8.872
20:1	g						
22:1	g						
Polyunsaturated, total	g	5.064			4.355	8.710	22.970
18:2	g	4.465			3.840	7.680	20.253
18:3	g	0.598			0.514	1.029	2.713
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.242			0.208	0.416	1.098
Threonine	g	0.723			0.622	1.244	3.280
Isoleucine	g	0.807			0.694	1.388	3.661
Leucine	g	1.355			1.165	2.331	6.146
Lysine	g	1.108			0.953	1.906	5.026
Methionine	g	0.224			0.193	0.385	1.016
Cystine	g	0.268			0.230	0.461	1.216
Phenylalanine	g	0.869			0.747	1.495	3.942
Tyrosine	g	0.630			0.542	1.084	2.858
Valine	g	0.831			0.715	1.429	3.769
Arginine	g	1.291			1.110	2.221	5.856
Histidine	g	0.449			0.386	0.772	2.037
Alanine	g	0.784			0.674	1.348	3.556
Aspartic acid	g	2.093			1.800	3.600	9.494
Glutamic acid	g	3.224			2.773	5.545	14.624
Glycine	g	0.770			0.662	1.324	3.493
Proline	g	0.974			0.838	1.675	4.418
Serine	g	0.965			0.830	1.660	4.377

SOYBEANS, Roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 86 g	1 c = 172 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	1.95		6	1.68	3.35	8.85
Food energy	kcal	471			405	811	2,138
	kJ	1,972			1,696	3,392	8,946
Protein (N X 5.71)	g	35.22		3	30.29	60.58	159.75
Total lipid (fat)	g	25.40		3	21.84	43.69	115.21
Carbohydrate, total	g	33.56			28.86	57.72	152.21
Crude fiber	g	4.60		2	3.96	7.91	20.87
Ash	g	3.88		3	3.33	6.67	17.58
Minerals:							
Calcium	mg	138		1	119	237	626
Iron	mg	3.90		1	3.35	6.71	17.69
Magnesium	mg	145		1	125	249	658
Phosphorus	mg	363		1	312	624	1,647
Potassium	mg	1,470		1	1,264	2,528	6,668
Sodium	mg	163		1	140	280	739
Zinc	mg	3.14		1	2.70	5.40	14.24
Copper	mg	0.828		1	0.712	1.424	3.756
Manganese	mg	2.158			1.856	3.712	9.789
Vitamins:							
Ascorbic acid	mg	2.2		1	1.9	3.8	10.0
Thiamin	mg	0.100		1	0.086	0.172	0.454
Riboflavin	mg	0.145		1	0.125	0.249	0.658
Niacin	mg	1.410		1	1.213	2.425	6.396
Pantothenic acid	mg	0.453		1	0.390	0.779	2.055
Vitamin B_6	mg	0.208		1	0.179	0.358	0.943
Folacin	mcg	211.0		1	181.5	362.9	957.1
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	20		1	17	34	91
	IU	200		1	172	344	907
Lipids:							
Fatty acids:							
Saturated, total	g	3.674			3.160	6.319	16.665
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.071			0.061	0.122	0.322
16:0	g	2.696			2.319	4.637	12.229
18:0	g	0.907			0.780	1.560	4.114
Monounsaturated, total	g	5.610			4.825	9.649	25.447
16:1	g	0.071			0.061	0.122	0.322
18:1	g	5.539			4.764	9.527	25.125
20:1	g						
22:1	g						
Polyunsaturated, total	g	14.339			12.332	24.663	65.042
18:2	g	12.644			10.874	21.748	57.353
18:3	g	1.694			1.457	2.914	7.684
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.512			0.440	0.881	2.322
Threonine	g	1.530			1.316	2.632	6.940
Isoleucine	g	1.709			1.470	2.939	7.752
Leucine	g	2.868			2.466	4.933	13.009
Lysine	g	2.344			2.016	4.032	10.632
Methionine	g	0.475			0.409	0.817	2.155
Cystine	g	0.567			0.488	0.975	2.572
Phenylalanine	g	1.838			1.581	3.161	8.337
Tyrosine	g	1.332			1.146	2.291	6.042
Valine	g	1.758			1.512	3.024	7.974
Arginine	g	2.732			2.350	4.699	12.392
Histidine	g	0.950			0.817	1.634	4.309
Alanine	g	1.659			1.427	2.853	7.525
Aspartic acid	g	4.429			3.809	7.618	20.090
Glutamic acid	g	6.822			5.867	11.734	30.945
Glycine	g	1.628			1.400	2.800	7.385
Proline	g	2.060			1.772	3.543	9.344
Serine	g	2.042			1.756	3.512	9.263

SOYBEANS, Dry-roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 86 g	1 c = 172 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	0.80	0.173	3	0.69	1.38	3.63
Food energy	kcal	450			387	775	2,043
	kJ	1,884			1,621	3,241	8,548
Protein (N X5.71)	g	39.58			34.04	68.08	179.53
Total lipid (fat)	g	21.62			18.60	37.19	98.09
Carbohydrate, total	g	32.72			28.13	56.27	148.40
Crude fiber	g	5.38			4.63	9.26	24.42
Ash	g	5.28			4.54	9.08	23.95
Minerals:							
Calcium	mg	270			232	465	1,226
Iron	mg	3.95			3.40	6.79	17.92
Magnesium	mg	228			196	392	1,034
Phosphorus	mg	649			558	1,116	2,942
Potassium	mg	1,364			1,173	2,347	6,189
Sodium	mg	2			2	4	10
Zinc	mg	4.77			4.10	8.20	21.63
Copper	mg	1.079			0.928	1.856	4.894
Manganese	mg	2.184			1.878	3.756	9.907
Vitamins:							
Ascorbic acid	mg	4.6			3.9	7.8	20.7
Thiamin	mg	0.427			0.367	0.734	1.937
Riboflavin	mg	0.755			0.649	1.299	3.425
Niacin	mg	1.056			0.908	1.816	4.790
Pantothenic acid	mg	0.473			0.407	0.814	2.146
Vitamin B_6	mg	0.225			0.194	0.387	1.021
Folacin	mcg	204.6	9.944	3	175.9	351.8	927.9
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	2			2	4	11
	IU	23			20	40	105
Lipids:							
Fatty acids:							
Saturated, total	g	3.127			2.689	5.378	14.184
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.060			0.052	0.103	0.272
16:0	g	2.295			1.974	3.947	10.410
18:0	g	0.772			0.664	1.328	3.502
Monounsaturated, total	g	4.776			4.107	8.215	21.664
16:1	g	0.060			0.052	0.103	0.272
18:1	g	4.716			4.056	8.112	21.392
20:1	g						
22:1	g						
Polyunsaturated, total	g	12.207			10.498	20.996	55.371
18:2	g	10.764			9.257	18.514	48.826
18:3	g	1.443			1.241	2.482	6.545
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.575			0.495	0.989	2.608
Threonine	g	1.719			1.478	2.957	7.797
Isoleucine	g	1.920			1.651	3.302	8.709
Leucine	g	3.223			2.772	5.544	14.620
Lysine	g	2.634			2.265	4.530	11.948
Methionine	g	0.534			0.459	0.918	2.422
Cystine	g	0.638			0.549	1.097	2.894
Phenylalanine	g	2.066			1.777	3.554	9.371
Tyrosine	g	1.497			1.287	2.575	6.790
Valine	g	1.976			1.699	3.399	8.963
Arginine	g	3.071			2.641	5.282	13.930
Histidine	g	1.068			0.918	1.837	4.844
Alanine	g	1.865			1.604	3.208	8.460
Aspartic acid	g	4.977			4.280	8.560	22.576
Glutamic acid	g	7.667			6.594	13.187	34.778
Glycine	g	1.830			1.574	3.148	8.301
Proline	g	2.315			1.991	3.982	10.501
Serine	g	2.294			1.973	3.946	10.406

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 138 g	1 c = 275 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	41.45	2.659	18	57.19	113.97	187.99
Food energy	kcal	206			284	565	933
	kJ	860			1,187	2,366	3,902
Protein (N X5.71)	g	11.81		8	16.30	32.47	53.56
Total lipid (fat)	g	6.07		8	8.38	16.70	27.54
Carbohydrate, total	g	27.96			38.59	76.90	126.84
Crude fiber[1]	g	2.47		6	3.41	6.79	11.19
Ash	g	12.71		3	17.54	34.96	57.66
Minerals:							
Calcium	mg	66		3	92	183	301
Iron	mg	2.74		3	3.78	7.52	12.41
Magnesium	mg	42	9.250	6	58	116	191
Phosphorus	mg	153		3	211	420	692
Potassium	mg	164	21.490	10	226	451	744
Sodium	mg	3,647	363.240	10	5,032	10,028	16,541
Zinc	mg	3.32		4	4.58	9.13	15.05
Copper	mg	0.437		4	0.603	1.202	1.982
Manganese	mg	0.859		4	1.185	2.362	3.896
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.097		2	0.134	0.267	0.440
Riboflavin	mg	0.250		2	0.345	0.688	1.134
Niacin	mg	0.860		2	1.187	2.365	3.901
Pantothenic acid	mg	0.258		1	0.356	0.710	1.170
Vitamin B_6	mg	0.215		1	0.297	0.591	0.975
Folacin	mcg	33.0		1	45.5	90.8	149.7
Vitamin B_{12}	mcg	0.21			0.29	0.57	0.94
Vitamin A	RE	9		2	12	24	40
	IU	87		2	120	240	396
Lipids:							
Fatty acids:							
Saturated, total	g	0.878			1.212	2.415	3.983
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.017			0.023	0.047	0.077
16:0	g	0.644			0.889	1.771	2.921
18:0	g	0.217			0.299	0.597	0.984
Monounsaturated, total	g	1.341			1.851	3.688	6.083
16:1	g	0.017			0.023	0.047	0.077
18:1	g	1.324			1.827	3.641	6.006
20:1	g						
22:1	g						
Polyunsaturated, total	g	3.428			4.731	9.427	15.549
18:2	g	3.023			4.172	8.313	13.712
18:3	g	0.405			0.559	1.114	1.837
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.143		17	0.197	0.393	0.649
Threonine	g	0.639		17	0.882	1.757	2.899
Isoleucine	g	0.811		17	1.119	2.230	3.679
Leucine	g	1.129		17	1.558	3.105	5.121
Lysine	g	0.660		17	0.911	1.815	2.994
Methionine	g	0.149		18	0.206	0.410	0.676
Cystine	g	0.095		14	0.131	0.261	0.431
Phenylalanine	g	0.596		17	0.822	1.639	2.703
Tyrosine	g	0.362		17	0.500	0.996	1.642
Valine	g	0.742		17	1.024	2.041	3.366
Arginine	g	0.747		17	1.031	2.054	3.388
Histidine	g	0.329		17	0.454	0.905	1.492
Alanine	g	0.569		14	0.785	1.565	2.581
Aspartic acid	g	1.311		17	1.809	3.605	5.947
Glutamic acid	g	2.101		18	2.899	5.778	9.530
Glycine	g	0.546		17	0.753	1.502	2.477
Proline	g	0.736		17	1.016	2.024	3.338
Serine	g	0.740		17	1.021	2.035	3.357

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 2.8 g per 100 g.

SOYBEAN PRODUCTS, NATTO

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 88 g	1 c = 175 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	55.02		3	48.42	96.29	249.59
Food energy	kcal	212			187	371	962
	kJ	887			781	1,552	4,023
Protein (N X5.71)	g	17.72		1	15.60	31.02	80.39
Total lipid (fat)	g	11.00		1	9.68	19.25	49.90
Carbohydrate, total	g	14.35			12.63	25.12	65.11
Crude fiber	g	1.60		1	1.41	2.80	7.26
Ash	g	1.90			1.67	3.33	8.62
Minerals:							
Calcium	mg	217		1	191	380	984
Iron	mg	8.60		1	7.57	15.05	39.01
Magnesium	mg	115		2	101	201	521
Phosphorus	mg	174		1	153	305	789
Potassium	mg	729		1	642	1,276	3,309
Sodium	mg	7		1	6	12	30
Zinc	mg	3.03		1	2.67	5.30	13.74
Copper	mg	0.667		1	0.587	1.167	3.026
Manganese	mg	1.528		1	1.345	2.674	6.931
Vitamins:							
Ascorbic acid	mg	13.0		1	11.4	22.8	59.0
Thiamin	mg	0.160		1	0.141	0.280	0.726
Riboflavin	mg	0.190		1	0.167	0.333	0.862
Niacin	mg	0.000		1	0.000	0.000	0.000
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE	0		1	0	0	0
	IU	0		1	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	1.591			1.400	2.784	7.217
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.031			0.027	0.054	0.141
16:0	g	1.168			1.028	2.044	5.298
18:0	g	0.393			0.346	0.688	1.783
Monounsaturated, total	g	2.430			2.138	4.253	11.022
16:1	g	0.031			0.027	0.054	0.141
18:1	g	2.399			2.111	4.198	10.882
20:1	g						
22:1	g						
Polyunsaturated, total	g	6.210			5.465	10.868	28.169
18:2	g	5.476			4.819	9.583	24.839
18:3	g	0.734			0.646	1.285	3.329
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.223		3	0.196	0.390	1.012
Threonine	g	0.813		3	0.715	1.423	3.688
Isoleucine	g	0.931		3	0.819	1.629	4.223
Leucine	g	1.509		3	1.328	2.641	6.845
Lysine	g	1.145		3	1.008	2.004	5.194
Methionine	g	0.208		3	0.183	0.364	0.943
Cystine	g	0.220		3	0.194	0.385	0.998
Phenylalanine	g	0.941		3	0.828	1.647	4.268
Tyrosine	g	0.556		3	0.489	0.973	2.522
Valine	g	1.018		3	0.896	1.782	4.618
Arginine	g	0.909		3	0.800	1.591	4.123
Histidine	g	0.512		3	0.451	0.896	2.322
Alanine	g	0.798		3	0.702	1.397	3.620
Aspartic acid	g	1.956		3	1.721	3.423	8.872
Glutamic acid	g	3.337		3	2.937	5.840	15.137
Glycine	g	0.646		3	0.568	1.131	2.930
Proline	g	1.403		3	1.235	2.455	6.364
Serine	g	1.121		3	0.986	1.962	5.085

SOYBEAN PRODUCTS, TEMPEH

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 83 g	1 c = 166 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54.95	2.980	3	45.61	91.21	249.24
Food energy	kcal	199			165	331	904
	kJ	834			692	1,384	3,782
Protein (N X5.71)	g	18.95	2.246	3	15.73	31.45	85.95
Total lipid (fat)	g	7.68	2.475	2	6.37	12.74	34.81
Carbohydrate, total	g	17.03			14.13	28.27	77.25
Crude fiber	g	2.99		1	2.48	4.96	13.55
Ash	g	1.40		1	1.16	2.32	6.35
Minerals:							
Calcium	mg	93		1	77	154	422
Iron	mg	2.26		1	1.88	3.75	10.25
Magnesium	mg	70		1	58	117	318
Phosphorus	mg	206		1	171	342	935
Potassium	mg	367		1	305	609	1,665
Sodium	mg	6	4.450	2	5	10	28
Zinc	mg	1.81		1	1.50	3.00	8.21
Copper	mg	0.670		1	0.556	1.112	3.039
Manganese	mg	1.430		1	1.187	2.374	6.486
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.131		1	0.109	0.217	0.594
Riboflavin	mg	0.111		1	0.092	0.184	0.503
Niacin	mg	4.630		1	3.843	7.686	21.002
Pantothenic acid	mg	0.355		1	0.295	0.589	1.610
Vitamin B_6	mg	0.299		1	0.248	0.496	1.356
Folacin	mcg	52.0		1	43.2	86.3	235.9
Vitamin B_{12}	mcg	0.84			0.70	1.39	3.80
Vitamin A	RE	69		1	57	114	311
	IU	686		1	569	1,139	3,112
Lipids:							
Fatty acids:							
Saturated, total	g	1.110			0.921	1.843	5.035
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.021			0.017	0.035	0.095
16:0	g	0.815			0.676	1.353	3.697
18:0	g	0.274			0.227	0.455	1.243
Monounsaturated, total	g	1.695			1.407	2.814	7.689
16:1	g	0.021			0.017	0.035	0.095
18:1	g	1.674			1.389	2.779	7.593
20:1	g						
22:1	g						
Polyunsaturated, total	g	4.333			3.596	7.193	19.654
18:2	g	3.821			3.171	6.343	17.332
18:3	g	0.512			0.425	0.850	2.322
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.282		15	0.234	0.468	1.279
Threonine	g	0.770		15	0.639	1.278	3.493
Isoleucine	g	1.002		15	0.832	1.663	4.545
Leucine	g	1.636		15	1.358	2.716	7.421
Lysine	g	1.125		15	0.934	1.868	5.103
Methionine	g	0.265		15	0.220	0.440	1.202
Cystine	g	0.319		15	0.265	0.530	1.447
Phenylalanine	g	1.012		15	0.840	1.680	4.590
Tyrosine	g	0.733		15	0.608	1.217	3.325
Valine	g	0.979		15	0.813	1.625	4.441
Arginine	g	1.317		15	1.093	2.186	5.974
Histidine	g	0.498		15	0.413	0.827	2.259
Alanine	g	0.929		15	0.771	1.542	4.214
Aspartic acid	g	2.246		15	1.864	3.728	10.188
Glutamic acid	g	3.404		15	2.825	5.651	15.441
Glycine	g	0.833		15	0.691	1.383	3.778
Proline	g	0.989		15	0.821	1.642	4.486
Serine	g	1.118		15	0.928	1.856	5.071

SOY FLOUR, Full-fat, raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c stirred = 42 g	1 c stirred = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	5.16		5	2.17	4.38	23.38
Food energy[2]	kcal						
	kJ						
Protein (N X)[2]	g						
Total lipid (fat)	g	20.65		2	8.67	17.55	93.67
Carbohydrate, total[2]	g						
Crude fiber	g	4.72		2	1.98	4.01	21.39
Ash	g	4.46		1	1.87	3.79	20.23
Minerals:							
Calcium	mg	206		4	87	175	936
Iron	mg	6.37		3	2.68	5.42	28.91
Magnesium	mg	429		2	180	364	1,944
Phosphorus	mg	494		1	207	420	2,241
Potassium	mg	2,515		2	1,056	2,138	11,408
Sodium	mg	13		2	5	11	59
Zinc	mg	3.92		2	1.65	3.33	17.78
Copper	mg	2.920		2	1.226	2.482	13.245
Manganese	mg	2.275		2	0.956	1.934	10.319
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.581		2	0.244	0.494	2.635
Riboflavin	mg	1.160		2	0.487	0.986	5.262
Niacin	mg	4.320		2	1.814	3.672	19.596
Pantothenic acid	mg	1.590		1	0.668	1.352	7.212
Vitamin B_6	mg	0.461		1	0.194	0.392	2.091
Folacin	mcg	345.0		1	144.9	293.3	1,564.9
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	12		1	5	10	54
	IU	120		1	50	102	544
Lipids:							
Fatty acids:							
Saturated, total	g	2.987			1.255	2.539	13.549
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.057			0.024	0.048	0.259
16:0	g	2.192			0.921	1.863	9.943
18:0	g	0.737			0.310	0.626	3.343
Monounsaturated, total	g	4.561			1.916	3.877	20.689
16:1	g	0.057			0.024	0.048	0.259
18:1	g	4.504			1.892	3.828	20.430
20:1	g						
22:1	g						
Polyunsaturated, total	g	11.657			4.896	9.908	52.876
18:2	g	10.280			4.318	8.738	46.630
18:3	g	1.378			0.579	1.171	6.251
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.502			0.211	0.427	2.277
Threonine	g	1.500			0.630	1.275	6.804
Isoleucine	g	1.675			0.704	1.424	7.598
Leucine	g	2.812			1.181	2.390	12.755
Lysine	g	2.298			0.965	1.953	10.424
Methionine	g	0.466			0.196	0.396	2.114
Cystine	g	0.556			0.234	0.473	2.522
Phenylalanine	g	1.802			0.757	1.532	8.174
Tyrosine	g	1.306			0.549	1.110	5.924
Valine	g	1.724			0.724	1.465	7.820
Arginine	g	2.679			1.125	2.277	12.152
Histidine	g	0.931			0.391	0.791	4.223
Alanine	g	1.627			0.683	1.383	7.380
Aspartic acid	g	4.342			1.824	3.691	19.695
Glutamic acid	g	6.689			2.809	5.686	30.341
Glycine	g	1.597			0.671	1.357	7.244
Proline	g	2.020			0.848	1.717	9.163
Serine	g	2.002			0.841	1.702	9.081

[1] Product may be fortified for child nutrition programs. See Notes on Legumes and Legume Products, page 5.
[2] The value for protein depends on the nitrogen-to-protein conversion factor used. If 5.71 (the specific factor traditionally used in food composition tables), per 100 g: protein = 34.54 g, carbohydrate = 35.20 g and energy = 436 kcal or 1,824 kJ. If 6.25 (the factor commonly used by industry and in Federal government regulations based on AOAC methods (4, 5)), per 100 g: protein = 37.80 g, carbohydrate = 31.93 g and energy = 433 kcal or 1,816 kJ.

SOY FLOUR, Full-fat, roasted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c stirred = 42 g	1 c stirred = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	3.81	0.128	58	1.60	3.24	17.28
Food energy[2]	kcal						
	kJ						
Protein (N X)[2]	g						
Total lipid (fat)	g	21.86	0.221	31	9.18	18.58	99.17
Carbohydrate, total[2]	g						
Crude fiber	g	2.23	0.220	8	0.93	1.89	10.10
Ash	g	5.86	0.233	16	2.46	4.98	26.60
Minerals:							
Calcium	mg	188			79	160	854
Iron	mg	5.82			2.44	4.94	26.39
Magnesium	mg	369			155	314	1,676
Phosphorus	mg	476			200	405	2,159
Potassium	mg	2,041			857	1,734	9,256
Sodium	mg	12			5	11	56
Zinc	mg	3.58			1.50	3.04	16.23
Copper	mg	2.221			0.933	1.888	10.074
Manganese	mg	2.077			0.872	1.765	9.421
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.412			0.173	0.350	1.869
Riboflavin	mg	0.941			0.395	0.800	4.268
Niacin	mg	3.286			1.380	2.793	14.905
Pantothenic acid	mg	1.209			0.508	1.028	5.484
Vitamin B_6	mg	0.351			0.147	0.298	1.592
Folacin	mcg	227.4			95.5	193.3	1,031.6
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	11			5	9	50
	IU	110			46	93	497
Lipids:							
Fatty acids:							
Saturated, total	g	3.162			1.328	2.688	14.343
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.061			0.026	0.052	0.277
16:0	g	2.320			0.974	1.972	10.524
18:0	g	0.780			0.328	0.663	3.538
Monounsaturated, total	g	4.829			2.028	4.105	21.904
16:1	g	0.061			0.026	0.052	0.277
18:1	g	4.768			2.003	4.053	21.628
20:1	g						
22:1	g						
Polyunsaturated, total	g	12.341			5.183	10.490	55.979
18:2	g	10.883			4.571	9.251	49.365
18:3	g	1.458			0.612	1.239	6.613
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.506			0.213	0.430	2.295
Threonine	g	1.511			0.635	1.284	6.854
Isoleucine	g	1.688			0.709	1.435	7.657
Leucine	g	2.834			1.190	2.409	12.855
Lysine	g	2.316			0.973	1.969	10.505
Methionine	g	0.469			0.197	0.399	2.127
Cystine	g	0.561			0.236	0.477	2.545
Phenylalanine	g	1.816			0.763	1.544	8.237
Tyrosine	g	1.316			0.553	1.119	5.969
Valine	g	1.737			0.730	1.476	7.879
Arginine	g	2.700			1.134	2.295	12.247
Histidine	g	0.938			0.394	0.797	4.255
Alanine	g	1.639			0.688	1.393	7.435
Aspartic acid	g	4.375			1.838	3.719	19.845
Glutamic acid	g	6.740			2.831	5.729	30.573
Glycine	g	1.609			0.676	1.368	7.298
Proline	g	2.035			0.855	1.730	9.231
Serine	g	2.017			0.847	1.714	9.149

[1] Product may be fortified for child nutrition programs. See Notes on Legumes and Legume Products, page 5.
[2] The value for protein depends on the nitrogen-to-protein conversion factor used. If 5.71 (the specific factor traditionally used in food composition tables), per 100 g: protein = 34.80 g, carbohydrate = 33.67 g and energy = 441 kcal or 1,844 kJ. If 6.25 (the factor commonly used by industry and in Federal government regulations based on AOAC methods (4, 5)), per 100 g: protein = 38.09 g, carbohydrate = 30.38 g and energy = 439 kcal or 1,836 kJ.

SOY FLOUR, Defatted[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c stirred = 50 g	1 c stirred = 100 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	7.25		6	3.63	7.25	32.89
Food energy[2]	kcal						
	kJ						
Protein (N X)[2]	g						
Total lipid (fat)	g	1.22		6	0.61	1.22	5.53
Carbohydrate, total[2]	g						
Crude fiber	g	4.27		6	2.14	4.27	19.37
Ash	g	6.15		2	3.08	6.15	27.90
Minerals:							
Calcium	mg	241	27.984	17	120	241	1,092
Iron	mg	9.24	0.781	13	4.62	9.24	41.91
Magnesium	mg	290	32.952	13	145	290	1,316
Phosphorus	mg	674		11	337	674	3,056
Potassium	mg	2,384	243.884	13	1,192	2,384	10,815
Sodium	mg	20	2.319	13	10	20	89
Zinc	mg	2.46	0.215	14	1.23	2.46	11.15
Copper	mg	4.065	0.105	14	2.033	4.065	18.439
Manganese	mg	3.018	0.084	13	1.509	3.018	13.690
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.698		5	0.349	0.698	3.166
Riboflavin	mg	0.253		5	0.127	0.253	1.148
Niacin	mg	2.612		5	1.306	2.612	11.848
Pantothenic acid	mg	1.995		5	0.998	1.995	9.049
Vitamin B_6	mg	0.574		5	0.287	0.574	2.604
Folacin	mcg	305.4		7	152.7	305.4	1,385.4
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	4			2	4	18
	IU	40			20	40	181
Lipids:							
Fatty acids:							
Saturated, total	g	0.136			0.068	0.136	0.617
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.003			0.002	0.003	0.014
16:0	g	0.100			0.050	0.100	0.454
18:0	g	0.034			0.017	0.034	0.154
Monounsaturated, total	g	0.208			0.104	0.208	0.943
16:1	g	0.003			0.002	0.003	0.014
18:1	g	0.206			0.103	0.206	0.934
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.533			0.267	0.533	2.418
18:2	g	0.470			0.235	0.470	2.132
18:3	g	0.063			0.032	0.063	0.286
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.683			0.342	0.683	3.098
Threonine	g	2.042			1.021	2.042	9.263
Isoleucine	g	2.281			1.141	2.281	10.347
Leucine	g	3.828			1.914	3.828	17.364
Lysine	g	3.129			1.565	3.129	14.193
Methionine	g	0.634			0.317	0.634	2.876
Cystine	g	0.757			0.379	0.757	3.434
Phenylalanine	g	2.453			1.227	2.453	11.127
Tyrosine	g	1.778			0.889	1.778	8.065
Valine	g	2.346			1.173	2.346	10.641
Arginine	g	3.647			1.824	3.647	16.543
Histidine	g	1.268			0.634	1.268	5.752
Alanine	g	2.215			1.108	2.215	10.047
Aspartic acid	g	5.911			2.956	5.911	26.812
Glutamic acid	g	9.106			4.553	9.106	41.305
Glycine	g	2.174			1.087	2.174	9.861
Proline	g	2.750			1.375	2.750	12.474
Serine	g	2.725			1.363	2.725	12.361

[1] Product may be fortified for child nutrition programs. See Notes on Legumes and Legume Products, page 5.
[2] The value for protein depends on the nitrogen-to-protein conversion factor used. If 5.71 (the specific factor traditionally used in food composition tables), per 100 g: protein = 47.01 g, carbohydrate = 38.37 g and energy = 329 kcal or 1,379 kJ. If 6.25 (the factor commonly used by industry and in Federal government regulations based on AOAC methods (4, 5)), per 100 g: protein = 51.46 g, carbohydrate = 33.92 g and energy = 327 kcal or 1,368 kJ.

SOY FLOUR, Low-fat[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c stirred = 44 g	1 c stirred = 88 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	2.70		1	1.19	2.38	12.25
Food energy[2]	kcal						
	kJ						
Protein (N X)[2]	g						
Total lipid (fat)	g	6.70			2.95	5.90	30.39
Carbohydrate, total[2]	g						
Crude fiber	g	4.23			1.86	3.72	19.17
Ash	g	6.09			2.68	5.36	27.61
Minerals:							
Calcium	mg	188		1	83	165	853
Iron	mg	5.99		1	2.64	5.27	27.17
Magnesium	mg	229		1	101	202	1,039
Phosphorus	mg	593		1	261	522	2,690
Potassium	mg	2,570		1	1,131	2,262	11,658
Sodium	mg	18		1	8	16	82
Zinc	mg	1.18		1	0.52	1.04	5.35
Copper	mg	5.080		1	2.235	4.470	23.043
Manganese	mg	3.080		1	1.355	2.710	13.971
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.380		1	0.167	0.334	1.724
Riboflavin	mg	0.285		1	0.125	0.251	1.293
Niacin	mg	2.160		1	0.950	1.901	9.798
Pantothenic acid	mg	1.820		1	0.801	1.602	8.256
Vitamin B_6	mg	0.522		1	0.230	0.459	2.368
Folacin	mcg	410.0		1	180.4	360.8	1,859.8
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	4			2	3	18
	IU	40			17	35	180
Lipids:							
Fatty acids:							
Saturated, total	g	0.969			0.426	0.853	4.395
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.019			0.008	0.017	0.086
16:0	g	0.711			0.313	0.626	3.225
18:0	g	0.239			0.105	0.210	1.084
Monounsaturated, total	g	1.480			0.651	1.302	6.713
16:1	g	0.019			0.008	0.017	0.086
18:1	g	1.461			0.643	1.286	6.627
20:1	g						
22:1	g						
Polyunsaturated, total	g	3.782			1.664	3.328	17.155
18:2	g	3.335			1.467	2.935	15.128
18:3	g	0.447			0.197	0.393	2.028
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.676			0.297	0.595	3.066
Threonine	g	2.021			0.889	1.778	9.167
Isoleucine	g	2.257			0.993	1.986	10.238
Leucine	g	3.789			1.667	3.334	17.187
Lysine	g	3.097			1.363	2.725	14.048
Methionine	g	0.627			0.276	0.552	2.844
Cystine	g	0.750			0.330	0.660	3.402
Phenylalanine	g	2.428			1.068	2.137	11.013
Tyrosine	g	1.760			0.774	1.549	7.983
Valine	g	2.322			1.022	2.043	10.533
Arginine	g	3.610			1.588	3.177	16.375
Histidine	g	1.255			0.552	1.104	5.693
Alanine	g	2.192			0.964	1.929	9.943
Aspartic acid	g	5.851			2.574	5.149	26.540
Glutamic acid	g	9.013			3.966	7.931	40.883
Glycine	g	2.151			0.946	1.893	9.757
Proline	g	2.722			1.198	2.395	12.347
Serine	g	2.697			1.187	2.373	12.234

[1] Product may be fortified for child nutrition programs. See Notes on Legumes and Legume Products, page 5.
[2] The value for protein depends on the nitrogen-to-protein conversion factor used. If 5.71 (the specific factor traditionally used in food composition tables), per 100 g: protein = 46.53 g, carbohydrate = 37.98 g and energy = 326 kcal or 1,365 kJ. If 6.25 (the factor commonly used by industry and in Federal government regulations based on AOAC methods (4, 5)), per 100 g: protein = 50.93 g, carbohydrate = 33.58 g and energy = 370 kcal or 1,546 kJ.

SOY MEAL, Defatted, raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 61 g	1 c = 122 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	6.94	0.307	4	4.23	8.47	31.48
Food energy[2]	kcal						
	kJ						
Protein (N X)[2]	g						
Total lipid (fat)	g	2.39	0.890	2	1.46	2.92	10.84
Carbohydrate, total[2]	g						
Crude fiber[3]	g	5.79	0.510	2	3.53	7.06	26.26
Ash	g	5.58		3	3.40	6.81	25.31
Minerals:							
Calcium	mg	244	38.533	10	149	297	1,105
Iron	mg	13.70	0.378	7	8.36	16.71	62.14
Magnesium	mg	306	8.200	7	186	373	1,386
Phosphorus	mg	701	16.380	8	427	855	3,178
Potassium	mg	2,490	79.372	7	1,519	3,038	11,295
Sodium	mg	3	2.143	7	2	3	12
Zinc	mg	5.06		8	3.09	6.17	22.95
Copper	mg	2.000	0.163	6	1.220	2.440	9.072
Manganese	mg	3.800	0.134	5	2.318	4.636	17.237
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.691			0.422	0.843	3.134
Riboflavin	mg	0.251			0.153	0.306	1.139
Niacin	mg	2.587			1.578	3.156	11.735
Pantothenic acid	mg	1.976			1.205	2.411	8.963
Vitamin B_6	mg	0.569			0.347	0.694	2.581
Folacin	mcg	302.6			184.6	369.1	1,372.4
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	4			2	5	18
	IU	40			24	48	180
Lipids:							
Fatty acids:							
Saturated, total	g	0.268			0.163	0.327	1.216
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.005			0.003	0.006	0.023
16:0	g	0.196			0.120	0.239	0.889
18:0	g	0.066			0.040	0.081	0.299
Monounsaturated, total	g	0.409			0.249	0.499	1.855
16:1	g	0.005			0.003	0.006	0.023
18:1	g	0.404			0.246	0.493	1.833
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.045			0.637	1.275	4.740
18:2	g	0.921			0.562	1.124	4.178
18:3	g	0.123			0.075	0.150	0.558
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.653			0.398	0.797	2.962
Threonine	g	1.952			1.191	2.381	8.854
Isoleucine	g	2.180			1.330	2.660	9.888
Leucine	g	3.660			2.233	4.465	16.602
Lysine	g	2.991			1.825	3.649	13.567
Methionine	g	0.606			0.370	0.739	2.749
Cystine	g	0.724			0.442	0.883	3.284
Phenylalanine	g	2.346			1.431	2.862	10.641
Tyrosine	g	1.700			1.037	2.074	7.711
Valine	g	2.243			1.368	2.736	10.174
Arginine	g	3.487			2.127	4.254	15.817
Histidine	g	1.212			0.739	1.479	5.498
Alanine	g	2.117			1.291	2.583	9.603
Aspartic acid	g	5.651			3.447	6.894	25.633
Glutamic acid	g	8.705			5.310	10.620	39.486
Glycine	g	2.078			1.268	2.535	9.426
Proline	g	2.629			1.604	3.207	11.925
Serine	g	2.605			1.589	3.178	11.816

[1] Product may be fortified for child nutrition programs. See Notes on Legumes and Legume Products, page 5.
[2] The value for protein depends on the nitrogen-to-protein conversion factor used. If 5.71 (the specific factor traditionally used in food composition tables), per 100 g: protein = 44.95 g, carbohydrate = 40.14 g and energy = 339 kcal or 1,420 kJ. If 6.25 (the factor commonly used by industry and in Federal government regulations based on AOAC methods (4, 5)), per 100 g: protein = 49.20 g, carbohydrate = 35.89 g and energy = 337 kcal or 1,409 kJ.
[3] Insoluble dietary fiber as determined by the neutral detergent fiber method = 11.5 g per 100 g.

SOY MILK, Fluid

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 120 g	1 c = 240 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	93.27	0.225	32	111.93	223.85	423.08
Food energy	kcal	33			39	79	149
	kJ	137			165	330	624
Protein (N X5.71)	g	2.75	0.104	33	3.30	6.60	12.47
Total lipid (fat)	g	1.91	0.440	3	2.29	4.58	8.65
Carbohydrate, total	g	1.81			2.17	4.34	8.20
Crude fiber[1]	g						
Ash	g	0.27	0.215	2	0.32	0.64	1.20
Minerals:							
Calcium	mg	4	1.150	2	5	10	20
Iron	mg	0.58	0.175	2	0.69	1.38	2.61
Magnesium	mg	19	9.750	2	23	45	85
Phosphorus	mg	49	6.950	2	59	117	222
Potassium	mg	141	50.000	2	169	338	640
Sodium	mg	12	4.830	3	15	30	56
Zinc	mg	0.23	0.165	2	0.27	0.54	1.02
Copper	mg	0.120		1	0.144	0.288	0.544
Manganese	mg	0.170	0.110	2	0.204	0.408	0.771
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.161	0.039	2	0.193	0.386	0.730
Riboflavin	mg	0.070	0.028	2	0.084	0.168	0.318
Niacin	mg	0.147	0.073	2	0.176	0.353	0.667
Pantothenic acid	mg	0.048	0.028	2	0.058	0.115	0.218
Vitamin B_6	mg	0.041	0.020	2	0.049	0.098	0.186
Folacin	mcg	1.5	0.500	2	1.8	3.6	6.8
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	3		1	4	8	15
	IU	32		1	38	77	145
Lipids:							
Fatty acids:							
Saturated, total	g	0.214			0.257	0.514	0.971
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.004			0.005	0.010	0.018
16:0	g	0.157			0.188	0.377	0.712
18:0	g	0.053			0.064	0.127	0.240
Monounsaturated, total	g	0.326			0.391	0.782	1.479
16:1	g	0.004			0.005	0.010	0.018
18:1	g	0.322			0.386	0.773	1.461
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.833			1.000	1.999	3.778
18:2	g	0.735			0.882	1.764	3.334
18:3	g	0.098			0.118	0.235	0.445
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.043		34	0.052	0.103	0.195
Threonine	g	0.113		33	0.136	0.271	0.513
Isoleucine	g	0.144		34	0.173	0.346	0.653
Leucine	g	0.241		34	0.289	0.578	1.093
Lysine	g	0.179		34	0.215	0.430	0.812
Methionine	g	0.040		29	0.048	0.096	0.181
Cystine	g	0.047		33	0.056	0.113	0.213
Phenylalanine	g	0.151		34	0.181	0.362	0.685
Tyrosine	g	0.112		30	0.134	0.269	0.508
Valine	g	0.141		34	0.169	0.338	0.640
Arginine	g	0.214		22	0.257	0.514	0.971
Histidine	g	0.071		30	0.085	0.170	0.322
Alanine	g	0.122		22	0.146	0.293	0.553
Aspartic acid	g	0.341		21	0.409	0.818	1.547
Glutamic acid	g	0.550		22	0.660	1.320	2.495
Glycine	g	0.120		22	0.144	0.288	0.544
Proline	g	0.162		22	0.194	0.389	0.735
Serine	g	0.144		22	0.173	0.346	0.653

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 1.1 g per 100 g.

SOY PROTEIN CONCENTRATE[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	5.80	0.520	7	1.62		26.31
Food energy[2]	kcal						
	kJ						
Protein (N X)[2]	g						
Total lipid (fat)	g	0.46	0.186	5	0.13		2.09
Carbohydrate, total[2]	g						
Crude fiber	g	3.77	0.318	3	1.05		17.09
Ash	g	4.70	0.551	3	1.32		21.32
Minerals:[3]							
Calcium	mg	363	3.172	5	102		1,648
Iron	mg	10.78	0.464	5	3.02		48.88
Magnesium[3]	mg	315	7.153	5	88		1,431
Phosphorus	mg	839	15.256	5	235		3,808
Potassium[3]	mg	2,202	70.456	5	617		9,990
Sodium[3]	mg	3	0.200	2	1		15
Zinc	mg	4.40	0.818	5	1.23		19.95
Copper	mg	0.976	0.158	5	0.273		4.427
Manganese	mg	4.190	0.272	5	1.173		19.006
Vitamins:							
Ascorbic acid	mg	0.0			0.0		0.0
Thiamin	mg	0.316	0.020	5	0.088		1.433
Riboflavin	mg	0.142	0.022	5	0.040		0.644
Niacin	mg	0.716	0.108	5	0.200		3.248
Pantothenic acid	mg	0.057	0.009	3	0.016		0.259
Vitamin B_6	mg	0.134	0.005	5	0.038		0.608
Folacin	mcg	340.0	23.022	5	95.2		1,542.2
Vitamin B_{12}	mcg	0			0		0
Vitamin A	RE	0			0		0
	IU	0			0		0
Lipids:							
Fatty acids:							
Saturated, total	g	0.052			0.015		0.236
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001			0.000		0.005
16:0	g	0.038			0.011		0.172
18:0	g	0.013			0.004		0.059
Monounsaturated, total	g	0.079			0.022		0.358
16:1	g	0.001			0.000		0.005
18:1	g	0.078			0.022		0.354
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.201			0.056		0.912
18:2	g	0.177			0.050		0.803
18:3	g	0.024			0.007		0.109
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0		0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.835			0.234		3.788
Threonine	g	2.474			0.693		11.222
Isoleucine	g	2.942			0.824		13.345
Leucine	g	4.917			1.377		22.304
Lysine	g	3.929			1.100		17.822
Methionine	g	0.814			0.228		3.692
Cystine	g	0.886			0.248		4.019
Phenylalanine	g	3.278			0.918		14.869
Tyrosine	g	2.301			0.644		10.437
Valine	g	3.064			0.858		13.898
Arginine	g	4.642			1.300		21.056
Histidine	g	1.578			0.442		7.158
Alanine	g	2.677			0.750		12.143
Aspartic acid	g	7.249			2.030		32.882
Glutamic acid	g	12.013			3.364		54.491
Glycine	g	2.688			0.753		12.193
Proline	g	3.298			0.923		14.960
Serine	g	3.369			0.943		15.282

[1] Product may be fortified for child nutrition programs. See Notes on Legumes and Legume Products, page 5.

[2] The value for protein depends on the nitrogen-to-protein conversion factor used. If 5.71 (the specific factor traditionally used in food composition tables), per 100 g: protein = 58.13 g, carbohydrate = 31.21 g and energy = 332 kcal or 1,389 kJ. If 6.25 (the factor commonly used by industry and in Federal government regulations based on AOAC methods (4, 5)), per 100 g: protein = 63.63 g, carbohydrate = 25.41 g and energy = 328 kcal or 1,373 kJ.

[3] Value is for product prepared with alcohol; if acid/water-wash is used, per 100 g: magnesium = 140 mg, sodium = 900 mg, potassium = 450 mg.

SOY PROTEIN ISOLATE[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	-	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	4.98	0.071	184	1.39		22.58
Food energy[2]	kcal						
	kJ						
Protein (N X)[2]	g						
Total lipid (fat)	g	3.39	0.078	124	0.95		15.40
Carbohydrate, total[2]	g						
Crude fiber	g	0.26	0.053	7	0.07		1.17
Ash	g	3.58	0.056	166	1.00		16.24
Minerals:							
Calcium	mg	178	6.618	176	50		806
Iron	mg	14.50	0.329	125	4.06		65.76
Magnesium	mg	39	1.672	155	11		175
Phosphorus	mg	776	7.476	163	217		3,521
Potassium	mg	81	1.352	102	23		368
Sodium[3]	mg	1,005	6.605	592	281		4,557
Zinc	mg	4.03	0.150	132	1.13		18.27
Copper	mg	1.599	0.028	122	0.448		7.253
Manganese	mg	1.493	0.060	146	0.418		6.772
Vitamins:							
Ascorbic acid	mg	0.0			0.0		0.0
Thiamin	mg	0.176	0.016	118	0.049		0.798
Riboflavin	mg	0.100	0.004	118	0.028		0.454
Niacin	mg	1.438	0.218	120	0.403		6.523
Pantothenic acid	mg	0.060	0.003	109	0.017		0.272
Vitamin B_6	mg						
Folacin	mcg	176.1	3.286	112	49.3		798.7
Vitamin B_{12}	mcg	0			0		0
Vitamin A	RE	0			0		0
	IU	0			0		0
Lipids:							
Fatty acids:							
Saturated, total	g	0.422			0.118		1.914
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.008			0.002		0.036
16:0	g	0.310			0.087		1.406
18:0	g	0.104			0.029		0.472
Monounsaturated, total	g	0.645			0.181		2.926
16:1	g	0.008			0.002		0.036
18:1	g	0.637			0.178		2.889
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.648			0.461		7.475
18:2	g	1.453			0.407		6.591
18:3	g	0.195			0.055		0.885
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0		0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	1.116		40	0.312		5.062
Threonine	g	3.137		66	0.878		14.229
Isoleucine	g	4.253		66	1.191		19.292
Leucine	g	6.783		66	1.899		30.768
Lysine	g	5.327		71	1.492		24.163
Methionine	g	1.130		74	0.316		5.126
Cystine	g	1.046		55	0.293		4.745
Phenylalanine	g	4.593		63	1.286		20.834
Tyrosine	g	3.222		47	0.902		14.615
Valine	g	4.098		66	1.147		18.589
Arginine	g	6.670		46	1.868		30.255
Histidine	g	2.303		47	0.645		10.446
Alanine	g	3.589		44	1.005		16.280
Aspartic acid	g	10.203		44	2.857		46.281
Glutamic acid	g	17.452		44	4.887		79.162
Glycine	g	3.603		44	1.009		16.343
Proline	g	4.960		44	1.389		22.499
Serine	g	4.593		44	1.286		20.834

[1] Product may be fortified for child nutrition programs. See Notes on Legumes and Legume Products, page 5.

[2] The value for protein depends on the nitrogen-to-protein conversion factor used. If 5.71 (the specific factor traditionally used in food composition tables), per 100 g: protein = 80.69 g, carbohydrate = 7.36 g and energy = 338 kcal or 1,416 kJ. If 6.25 (the factor commonly used by industry and in Federal government regulations based on AOAC methods (4, 5)), per 100 g: protein = 88.32 g, carbohydrate = 0 g and energy = 334 kcal or 1,401 kJ.

[3] Value is for product prepared with sodium; if potassium is used, potassium = 1,590 mg and sodium = 50 mg per 100 g.

SOY SAUCE, Made from soy and wheat (shoyu)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 tbsp = 18 g	1/4 c = 58 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71.09	1.059	11	12.80	41.23	322.44
Food energy	kcal	53			9	30	238
	kJ	220			40	128	998
Protein (N x5.71)	g	5.17	2.741	2	0.93	3.00	23.45
Total lipid (fat)	g	0.08		1	0.01	0.05	0.36
Carbohydrate, total	g	8.51			1.53	4.94	38.60
Crude fiber	g	0.00	0.000	2	0.00	0.00	0.00
Ash	g	15.15	0.542	3	2.73	8.79	68.73
Minerals:							
Calcium	mg	17	6.630	3	3	10	79
Iron	mg	2.02	0.357	3	0.36	1.17	9.16
Magnesium	mg	34	14.493	3	6	20	154
Phosphorus	mg	110	57.764	3	20	64	500
Potassium	mg	180	69.201	6	32	104	817
Sodium [1]	mg	5,715	105.083	6	1,029	3,314	25,921
Zinc	mg	0.37	0.165	2	0.07	0.21	1.66
Copper	mg	0.115	0.015	2	0.021	0.067	0.522
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.050		1	0.009	0.029	0.227
Riboflavin	mg	0.130		1	0.023	0.075	0.590
Niacin	mg	3.360		1	0.605	1.949	15.241
Pantothenic acid	mg	0.320		1	0.058	0.186	1.452
Vitamin B_6	mg	0.170		1	0.031	0.099	0.771
Folacin	mcg	15.5	4.846	4	2.8	9.0	70.2
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.010			0.002	0.006	0.045
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.008			0.001	0.005	0.036
18:0	g	0.001			0.000	0.001	0.005
Monounsaturated, total	g	0.012			0.002	0.007	0.054
16:1	g	0.000			0.000	0.000	0.000
18:1	g	0.011			0.002	0.006	0.050
20:1	g	0.000			0.000	0.000	0.000
22:1	g						
Polyunsaturated, total	g	0.036			0.006	0.021	0.163
18:2	g	0.032			0.006	0.019	0.145
18:3	g	0.004			0.001	0.002	0.018
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.074			0.013	0.043	0.336
Threonine	g	0.209			0.038	0.121	0.948
Isoleucine	g	0.245			0.044	0.142	1.111
Leucine	g	0.414			0.075	0.240	1.878
Lysine	g	0.294			0.053	0.171	1.334
Methionine	g	0.075			0.014	0.044	0.340
Cystine	g	0.091			0.016	0.053	0.413
Phenylalanine	g	0.272			0.049	0.158	1.234
Tyrosine	g	0.188			0.034	0.109	0.853
Valine	g	0.256			0.046	0.148	1.161
Arginine	g	0.357			0.064	0.207	1.619
Histidine	g	0.134			0.024	0.078	0.608
Alanine	g	0.227			0.041	0.132	1.030
Aspartic acid	g	0.555			0.100	0.322	2.517
Glutamic acid	g	1.218			0.219	0.706	5.525
Glycine	g	0.229			0.041	0.133	1.039
Proline	g	0.380			0.068	0.220	1.724
Serine	g	0.299			0.054	0.173	1.356

[1] Value is for regular type; low sodium types contain 3,333 mg per 100 g.

SOY SAUCE, Made from soy (tamari)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 tbsp = 18 g	1/4 c = 58 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66.00			11.88	38.28	299.38
Food energy	kcal	60			11	35	272
	kJ	251			45	146	1,138
Protein (N X5.71)	g	10.51			1.89	6.10	47.67
Total lipid (fat)	g	0.10			0.02	0.06	0.45
Carbohydrate, total	g	5.57			1.00	3.23	25.27
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	17.82			3.21	10.33	80.82
Minerals:							
Calcium	mg	20			4	12	93
Iron	mg	2.38			0.43	1.38	10.77
Magnesium	mg	40			7	23	181
Phosphorus	mg	130			23	75	588
Potassium	mg	212			38	123	961
Sodium	mg	5,586			1,005	3,240	25,338
Zinc	mg	0.43			0.08	0.25	1.95
Copper	mg	0.135			0.024	0.078	0.612
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.059			0.011	0.034	0.268
Riboflavin	mg	0.152			0.027	0.088	0.689
Niacin	mg	3.951			0.711	2.292	17.922
Pantothenic acid	mg	0.376			0.068	0.218	1.706
Vitamin B_6	mg	0.200			0.036	0.116	0.907
Folacin	mcg	18.2			3.3	10.6	82.6
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.011			0.002	0.006	0.050
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.008			0.001	0.005	0.036
18:0	g	0.003			0.001	0.002	0.014
Monounsaturated, total	g	0.017			0.003	0.010	0.077
16:1	g	0.000			0.000	0.000	0.000
18:1	g	0.017			0.003	0.010	0.077
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.044			0.008	0.026	0.200
18:2	g	0.039			0.007	0.023	0.177
18:3	g	0.005			0.001	0.003	0.023
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.181		1	0.033	0.105	0.821
Threonine	g	0.407		5	0.073	0.236	1.846
Isoleucine	g	0.487		5	0.088	0.282	2.209
Leucine	g	0.735		5	0.132	0.426	3.334
Lysine	g	0.731		4	0.132	0.424	3.316
Methionine	g	0.167		3	0.030	0.097	0.758
Cystine	g	0.107		3	0.019	0.062	0.485
Phenylalanine	g	0.534		5	0.096	0.310	2.422
Tyrosine	g	0.342		4	0.062	0.198	1.551
Valine	g	0.524		5	0.094	0.304	2.377
Arginine	g	0.405		4	0.073	0.235	1.837
Histidine	g	0.215		4	0.039	0.125	0.975
Alanine	g	0.536		5	0.096	0.311	2.431
Aspartic acid	g	0.882		5	0.159	0.512	4.001
Glutamic acid	g	2.411		6	0.434	1.398	10.936
Glycine	g	0.435		5	0.078	0.252	1.973
Proline	g	0.806		5	0.145	0.467	3.656
Serine	g	0.483		5	0.087	0.280	2.191

SOY SAUCE, Made from hydrolyzed vegetable protein

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 tbsp = 18 g	1/4 c = 58 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	75.66			13.62	43.88	343.19
Food energy	kcal	41			7	24	186
	kJ	173			31	100	785
Protein (N X5.71)	g	2.43			0.44	1.41	11.02
Total lipid (fat)	g	0.08			0.01	0.05	0.36
Carbohydrate, total	g	7.73			1.39	4.48	35.06
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	14.10			2.54	8.18	63.96
Minerals:							
Calcium	mg	5			1	3	24
Iron	mg	1.49			0.27	0.86	6.76
Magnesium	mg	6			1	3	25
Phosphorus	mg	93			17	54	420
Potassium	mg	152			27	88	688
Sodium	mg	5,689			1,024	3,300	25,805
Zinc	mg	0.31			0.06	0.18	1.39
Copper	mg	0.097			0.017	0.056	0.440
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.042			0.008	0.024	0.191
Riboflavin	mg	0.109			0.020	0.063	0.494
Niacin	mg	2.828			0.509	1.640	12.828
Pantothenic acid	mg	0.269			0.048	0.156	1.220
Vitamin B_6	mg	0.143			0.026	0.083	0.649
Folacin	mcg	13.0			2.3	7.6	59.1
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.006			0.001	0.003	0.027
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.004			0.001	0.002	0.018
18:0	g	0.001			0.000	0.001	0.005
Monounsaturated, total	g	0.009			0.002	0.005	0.041
16:1	g	0.000			0.000	0.000	0.000
18:1	g	0.008			0.001	0.005	0.036
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.022			0.004	0.013	0.100
18:2	g	0.019			0.003	0.011	0.086
18:3	g	0.003			0.001	0.002	0.014
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

TOFU, Raw, firm

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/4 block = 81 g[1]	1/2 c = 126 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	69.83			56.56	87.98	316.74
Food energy	kcal	145			118	183	658
	kJ	607			492	765	2,754
Protein (N X 5.71)	g	15.78	0.450	6	12.78	19.88	71.56
Total lipid (fat)	g	8.72	0.591	6	7.06	10.98	39.54
Carbohydrate, total	g	4.28			3.47	5.40	19.43
Crude fiber	g	0.15			0.12	0.18	0.66
Ash	g	1.40			1.13	1.76	6.33
Minerals:							
Calcium[2]	mg	205			166	258	928
Iron	mg	10.47			8.48	13.19	47.50
Magnesium[3]	mg	94			76	118	424
Phosphorus	mg	190			154	239	861
Potassium	mg	237			192	298	1,074
Sodium	mg	14			11	17	62
Zinc	mg	1.57			1.27	1.98	7.11
Copper	mg	0.378			0.306	0.476	1.715
Manganese	mg	1.181			0.957	1.488	5.357
Vitamins:							
Ascorbic acid	mg	0.2			0.2	0.3	1.1
Thiamin	mg	0.158			0.128	0.199	0.717
Riboflavin	mg	0.102			0.083	0.129	0.463
Niacin	mg	0.381			0.309	0.480	1.728
Pantothenic acid	mg	0.133			0.108	0.168	0.603
Vitamin B_6	mg	0.092			0.075	0.116	0.417
Folacin	mcg	29.3			23.7	36.9	132.9
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	17			13	21	75
	IU	166			134	209	753
Lipids:							
Fatty acids:							
Saturated, total	g	1.261			1.021	1.589	5.720
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.024			0.019	0.030	0.109
16:0	g	0.925			0.749	1.166	4.196
18:0	g	0.311			0.252	0.392	1.411
Monounsaturated, total	g	1.925			1.559	2.426	8.732
16:1	g	0.024			0.019	0.030	0.109
18:1	g	1.901			1.540	2.395	8.623
20:1	g						
22:1	g						
Polyunsaturated, total	g	4.921			3.986	6.200	22.322
18:2	g	4.339			3.515	5.467	19.682
18:3	g	0.582			0.471	0.733	2.640
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.246		7	0.199	0.310	1.116
Threonine	g	0.644		13	0.522	0.811	2.921
Isoleucine	g	0.782		13	0.633	0.985	3.547
Leucine	g	1.199		13	0.971	1.511	5.439
Lysine	g	1.039		14	0.842	1.309	4.713
Methionine	g	0.202		15	0.164	0.255	0.916
Cystine	g	0.218		13	0.177	0.275	0.989
Phenylalanine	g	0.768		13	0.622	0.968	3.484
Tyrosine	g	0.528		12	0.428	0.665	2.395
Valine	g	0.796		13	0.645	1.003	3.611
Arginine	g	1.050		12	0.851	1.323	4.763
Histidine	g	0.459		10	0.372	0.578	2.082
Alanine	g	0.647		12	0.524	0.815	2.935
Aspartic acid	g	1.743		12	1.412	2.196	7.906
Glutamic acid	g	2.727		12	2.209	3.436	12.370
Glycine	g	0.616		12	0.499	0.776	2.794
Proline	g	0.851		11	0.689	1.072	3.860
Serine	g	0.743		12	0.602	0.936	3.370

[1] 1-3/4 in long, 1-9/16 in wide, 1-5/8 in high.
[2] Value is for product prepared with nigari; if calcium sulfate is used, calcium = 683 mg per 100 g.
[3] Value is for product prepared with nigari; if calcium sulfate is used, magnesium = 58 mg per 100 g.

TOFU, Raw, regular

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/4 block = 116 g[1]	1/2 c = 124 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	84.55	0.408	65	98.08	104.84	383.51
Food energy	kcal	76			88	94	343
	kJ	317			367	393	1,436
Protein (N X5.71)	g	8.08	0.308	44	9.37	10.02	36.65
Total lipid (fat)	g	4.78	0.738	8	5.55	5.93	21.69
Carbohydrate, total	g	1.88			2.18	2.33	8.51
Crude fiber.[2]	g	0.08	0.075	2	0.09	0.09	0.34
Ash	g	0.72	0.039	8	0.83	0.89	3.24
Minerals:							
Calcium.[3]	mg	105	15.150	2	122	130	475
Iron	mg	5.36	4.321	3	6.22	6.65	24.33
Magnesium[4]	mg	103			119	127	465
Phosphorus	mg	97	14.553	3	113	120	441
Potassium	mg	121	26.429	4	141	150	550
Sodium	mg	7	3.628	4	8	9	32
Zinc	mg	0.80	0.040	3	0.93	1.00	3.64
Copper	mg	0.193	0.033	3	0.224	0.239	0.875
Manganese	mg	0.605	0.005	2	0.702	0.750	2.744
Vitamins:							
Ascorbic acid	mg	0.1		1	0.1	0.1	0.5
Thiamin	mg	0.081	0.045	2	0.094	0.100	0.367
Riboflavin	mg	0.052	0.027	2	0.060	0.064	0.236
Niacin	mg	0.195	0.015	2	0.226	0.242	0.885
Pantothenic acid	mg	0.068	0.018	2	0.079	0.084	0.308
Vitamin B_6	mg	0.047	0.014	2	0.055	0.058	0.213
Folacin	mcg	15.0	5.000	2	17.4	18.6	68.0
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	9		1	10	11	39
	IU	85		1	99	105	386
Lipids:							
Fatty acids:							
Saturated, total	g	0.691			0.802	0.857	3.134
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.013			0.015	0.016	0.059
16:0	g	0.507			0.588	0.629	2.300
18:0	g	0.171			0.198	0.212	0.776
Monounsaturated, total	g	1.056			1.225	1.309	4.790
16:1	g	0.013			0.015	0.016	0.059
18:1	g	1.043			1.210	1.293	4.731
20:1	g						
22:1	g						
Polyunsaturated, total	g	2.699			3.131	3.347	12.243
18:2	g	2.380			2.761	2.951	10.796
18:3	g	0.319			0.370	0.396	1.447
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.126			0.146	0.156	0.572
Threonine	g	0.330			0.383	0.409	1.497
Isoleucine	g	0.400			0.464	0.496	1.814
Leucine	g	0.614			0.712	0.761	2.785
Lysine	g	0.532			0.617	0.660	2.413
Methionine	g	0.103			0.119	0.128	0.467
Cystine	g	0.112			0.130	0.139	0.508
Phenylalanine	g	0.393			0.456	0.487	1.783
Tyrosine	g	0.270			0.313	0.335	1.225
Valine	g	0.408			0.473	0.506	1.851
Arginine	g	0.538			0.624	0.667	2.440
Histidine	g	0.235			0.273	0.291	1.066
Alanine	g	0.331			0.384	0.410	1.501
Aspartic acid	g	0.893			1.036	1.107	4.051
Glutamic acid	g	1.397			1.621	1.732	6.337
Glycine	g	0.316			0.367	0.392	1.433
Proline	g	0.436			0.506	0.541	1.978
Serine	g	0.381			0.442	0.472	1.728

[1] 2-1/4 in long, 1-3/4 in wide, 1-1/2 in high.
[2] Insoluble dietary fiber as determined by the neutral detergent fiber method = 0.5 g per 100 g.
[3] Value is for product prepared with nigari; if calcium sulfate is used, calcium = 350 mg per 100 g.
[4] Value is for product prepared with nigari; if calcium sulfate is used, magnesium = 30 mg per 100 g.

TOFU, Dried-frozen (koyadofu)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 piece = 17 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	5.78		1	0.98		26.22
Food energy	kcal	480			82		2,175
	kJ	2,006			341		9,101
Protein (N X 5.71)	g	47.94			8.15		217.46
Total lipid (fat)	g	30.34		1	5.16		137.62
Carbohydrate, total	g	14.56			2.48		66.04
Crude fiber	g	0.16		1	0.03		0.73
Ash	g	1.38		1	0.23		6.26
Minerals:							
Calcium[1]	mg	364		1	62		1,652
Iron	mg	9.73		1	1.65		44.14
Magnesium[2]	mg	59		1	10		268
Phosphorus	mg	483		1	82		2,189
Potassium	mg	20		1	3		88
Sodium	mg	6		1	1		26
Zinc	mg	4.90			0.83		22.21
Copper	mg	1.179			0.200		5.348
Manganese	mg	3.689			0.627		16.733
Vitamins:							
Ascorbic acid	mg	0.7			0.1		3.3
Thiamin	mg	0.494			0.084		2.241
Riboflavin	mg	0.317			0.054		1.438
Niacin	mg	1.189			0.202		5.393
Pantothenic acid	mg	0.415			0.071		1.882
Vitamin B_6	mg	0.286			0.049		1.297
Folacin	mcg	91.5			15.5		414.9
Vitamin B_{12}	mcg	0			0		0
Vitamin A	RE	52			9		235
	IU	518			88		2,351
Lipids:							
Fatty acids:							
Saturated, total	g	4.388			0.746		19.904
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.084			0.014		0.381
16:0	g	3.220			0.547		14.606
18:0	g	1.083			0.184		4.912
Monounsaturated, total	g	6.701			1.139		30.396
16:1	g	0.084			0.014		0.381
18:1	g	6.617			1.125		30.015
20:1	g						
22:1	g						
Polyunsaturated, total	g	17.128			2.912		77.693
18:2	g	15.104			2.568		68.512
18:3	g	2.024			0.344		9.181
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0		0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.747			0.127		3.388
Threonine	g	1.956			0.333		8.872
Isoleucine	g	2.376			0.404		10.778
Leucine	g	3.644			0.619		16.529
Lysine	g	3.157			0.537		14.320
Methionine	g	0.613			0.104		2.781
Cystine	g	0.663			0.113		3.007
Phenylalanine	g	2.334			0.397		10.587
Tyrosine	g	1.604			0.273		7.276
Valine	g	2.418			0.411		10.968
Arginine	g	3.190			0.542		14.470
Histidine	g	1.394			0.237		6.323
Alanine	g	1.965			0.334		8.913
Aspartic acid	g	5.298			0.901		24.032
Glutamic acid	g	8.287			1.409		37.590
Glycine	g	1.872			0.318		8.491
Proline	g	2.586			0.440		11.730
Serine	g	2.259			0.384		10.247

[1] Value is for product prepared with nigari; if calcium sulfate is used, calcium = 2,134 mg per 100 g.
[2] Value is for product prepared with nigari; if calcium sulfate is used, magnesium = 181 mg per 100 g.

TOFU, Fried

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 piece = 13 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	50.52		3	6.57		229.16
Food energy	kcal	271			35		1,230
	kJ	1,135			148		5,148
Protein (N X5.71)	g	17.19		2	2.23		77.95
Total lipid (fat)	g	20.18		2	2.62		91.52
Carbohydrate, total	g	10.50			1.36		47.62
Crude fiber	g	0.12		2	0.02		0.53
Ash	g	1.62		3	0.21		7.35
Minerals:							
Calcium[1]	mg	372		2	48		1,686
Iron	mg	4.87		2	0.63		22.10
Magnesium[2]	mg	60		1	8		274
Phosphorus	mg	287		2	37		1,301
Potassium	mg	146		1	19		661
Sodium	mg	16		1	2		73
Zinc	mg	1.99			0.26		9.00
Copper	mg	0.398			0.052		1.805
Manganese	mg	1.495			0.194		6.781
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		0.0
Thiamin	mg	0.170		1	0.022		0.771
Riboflavin	mg	0.050		1	0.007		0.227
Niacin	mg	0.100		1	0.013		0.454
Pantothenic acid	mg	0.140			0.018		0.635
Vitamin B_6	mg	0.099			0.013		0.449
Folacin	mcg	26.8			3.5		121.5
Vitamin B_{12}	mcg	0			0		0
Vitamin A	RE	0		1	0		0
	IU	0		1	0		0
Lipids:							
Fatty acids:							
Saturated, total	g	2.918			0.379		13.236
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.056			0.007		0.254
16:0	g	2.141			0.278		9.712
18:0	g	0.720			0.094		3.266
Monounsaturated, total	g	4.456			0.579		20.212
16:1	g	0.056			0.007		0.254
18:1	g	4.400			0.572		19.958
20:1	g						
22:1	g						
Polyunsaturated, total	g	11.390			1.481		51.665
18:2	g	10.044			1.306		45.560
18:3	g	1.346			0.175		6.105
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0		0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.268			0.035		1.216
Threonine	g	0.701			0.091		3.180
Isoleucine	g	0.852			0.111		3.865
Leucine	g	1.306			0.170		5.924
Lysine	g	1.131			0.147		5.130
Methionine	g	0.220			0.029		0.998
Cystine	g	0.238			0.031		1.080
Phenylalanine	g	0.837			0.109		3.797
Tyrosine	g	0.575			0.075		2.608
Valine	g	0.867			0.113		3.933
Arginine	g	1.143			0.149		5.185
Histidine	g	0.499			0.065		2.263
Alanine	g	0.704			0.092		3.193
Aspartic acid	g	1.899			0.247		8.614
Glutamic acid	g	2.970			0.386		13.472
Glycine	g	0.671			0.087		3.044
Proline	g	0.927			0.121		4.205
Serine	g	0.809			0.105		3.670

[1] Value is for product prepared with nigari; if calcium sulfate is used, calcium = 961 mg per 100 g.
[2] Value is for product prepared with nigari; if calcium sulfate is used, magnesium = 95 mg per 100 g.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 61 g	1 c = 122 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	81.64		2	49.80	99.60	370.30
Food energy	kcal	77			47	94	348
	kJ	321			196	391	1,455
Protein (N X5.71)	g	3.22		2	1.96	3.92	14.58
Total lipid (fat)	g	1.73		2	1.05	2.11	7.84
Carbohydrate, total	g	12.54			7.65	15.30	56.87
Crude fiber	g	4.12		2	2.51	5.03	18.69
Ash	g	0.88		2	0.54	1.08	4.01
Minerals:							
Calcium	mg	80		1	49	98	363
Iron	mg	1.30		1	0.79	1.59	5.90
Magnesium	mg	26		1	16	32	117
Phosphorus	mg	60		1	37	73	272
Potassium	mg	213		1	130	259	964
Sodium	mg	9		1	6	11	42
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.020		1	0.012	0.024	0.091
Riboflavin	mg	0.020		1	0.012	0.024	0.091
Niacin	mg	0.100		1	0.061	0.122	0.454
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0		1	0	0	0
	IU	0		1	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.193			0.118	0.235	0.875
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.004			0.002	0.005	0.018
16:0	g	0.142			0.087	0.173	0.644
18:0	g	0.048			0.029	0.059	0.218
Monounsaturated, total	g	0.295			0.180	0.360	1.338
16:1	g	0.004			0.002	0.005	0.018
18:1	g	0.292			0.178	0.356	1.325
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.755			0.461	0.921	3.425
18:2	g	0.666			0.406	0.813	3.021
18:3	g	0.089			0.054	0.109	0.404
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.050			0.031	0.061	0.227
Threonine	g	0.131			0.080	0.160	0.594
Isoleucine	g	0.159			0.097	0.194	0.721
Leucine	g	0.244			0.149	0.298	1.107
Lysine	g	0.212			0.129	0.259	0.962
Methionine	g	0.041			0.025	0.050	0.186
Cystine	g	0.044			0.027	0.054	0.200
Phenylalanine	g	0.157			0.096	0.192	0.712
Tyrosine	g	0.108			0.066	0.132	0.490
Valine	g	0.162			0.099	0.198	0.735
Arginine	g	0.214			0.131	0.261	0.971
Histidine	g	0.093			0.057	0.113	0.422
Alanine	g	0.132			0.081	0.161	0.599
Aspartic acid	g	0.355			0.217	0.433	1.610
Glutamic acid	g	0.556			0.339	0.678	2.522
Glycine	g	0.126			0.077	0.154	0.572
Proline	g	0.173			0.106	0.211	0.785
Serine	g	0.151			0.092	0.184	0.685

TOFU, Salted and fermented (fuyu)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 block = 11 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.01		1	7.70		317.57
Food energy	kcal	116			13		527
	kJ	486			53		2,205
Protein (N X5.71)	g	8.15			0.90		36.96
Total lipid (fat)	g	8.00		1	0.88		36.29
Carbohydrate, total	g	5.15			0.57		23.37
Crude fiber	g	0.31		1	0.03		1.41
Ash	g	8.69		1	0.96		39.42
Minerals:							
Calcium[1]	mg	46		1	5		207
Iron	mg	1.98		1	0.22		8.98
Magnesium[2]	mg	52		1	6		235
Phosphorus	mg	73		1	8		332
Potassium	mg	75		1	8		341
Sodium	mg	2,873		1	316		13,033
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	0			0		0
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	1.157			0.127		5.248
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.022			0.002		0.100
16:0	g	0.849			0.093		3.851
18:0	g	0.286			0.031		1.297
Monounsaturated, total	g	1.767			0.194		8.015
16:1	g	0.022			0.002		0.100
18:1	g	1.745			0.192		7.915
20:1	g						
22:1	g						
Polyunsaturated, total	g	4.516			0.497		20.485
18:2	g	3.982			0.438		18.062
18:3	g	0.534			0.059		2.422
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0		0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.127			0.014		0.576
Threonine	g	0.332			0.037		1.506
Isoleucine	g	0.404			0.044		1.833
Leucine	g	0.619			0.068		2.808
Lysine	g	0.537			0.059		2.436
Methionine	g	0.104			0.011		0.472
Cystine	g	0.113			0.012		0.513
Phenylalanine	g	0.397			0.044		1.801
Tyrosine	g	0.273			0.030		1.238
Valine	g	0.411			0.045		1.864
Arginine	g	0.542			0.060		2.459
Histidine	g	0.237			0.026		1.075
Alanine	g	0.334			0.037		1.515
Aspartic acid	g	0.900			0.099		4.082
Glutamic acid	g	1.408			0.155		6.387
Glycine	g	0.318			0.035		1.442
Proline	g	0.440			0.048		1.996
Serine	g	0.384			0.042		1.742

[1] Value is for product prepared with nigari; if calcium sulfate is used, calcium = 1,229 mg per 100 g.
[2] Value is for product prepared with nigari; if calcium sulfate is used, magnesium = 58 mg per 100 g.

YARDLONG BEANS, Raw

Vigna unguiculata sesquipedalis

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 84 g	1 c = 167 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	8.43	0.118	4	7.08	14.07	38.22
Food energy	kcal	347			292	580	1,576
	kJ	1,453			1,221	2,427	6,593
Protein (N X 6.25)	g	24.33	0.450	4	20.43	40.62	110.34
Total lipid (fat)	g	1.31			1.10	2.19	5.96
Carbohydrate, total	g	61.91			52.01	103.39	280.83
Crude fiber	g	4.77			4.01	7.96	21.63
Ash	g	4.03	0.103	4	3.38	6.72	18.26
Minerals:							
Calcium	mg	138	12.500	4	116	230	624
Iron	mg	8.61			7.23	14.37	39.03
Magnesium	mg	338	23.935	4	284	564	1,531
Phosphorus	mg	559	24.816	4	470	934	2,536
Potassium	mg	1,157			972	1,932	5,248
Sodium	mg	17			14	28	77
Zinc	mg	3.50			2.94	5.85	15.89
Copper	mg	0.879			0.738	1.468	3.987
Manganese	mg	1.590			1.336	2.655	7.212
Vitamins:							
Ascorbic acid	mg	1.6			1.3	2.6	7.1
Thiamin	mg	0.887			0.745	1.481	4.023
Riboflavin	mg	0.235			0.197	0.392	1.066
Niacin	mg	2.158			1.813	3.604	9.789
Pantothenic acid	mg	1.556			1.307	2.599	7.058
Vitamin B_6	mg	0.371			0.312	0.620	1.683
Folacin	mcg	657.9			552.6	1,098.7	2,984.2
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	5			4	9	24
	IU	52			44	87	236
Lipids:							
Fatty acids:							
Saturated, total	g	0.339			0.285	0.566	1.538
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001			0.001	0.002	0.005
16:0	g	0.318			0.267	0.531	1.442
18:0	g	0.020			0.017	0.033	0.091
Monounsaturated, total	g	0.114			0.096	0.190	0.517
16:1	g						
18:1	g	0.114			0.096	0.190	0.517
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.565			0.475	0.944	2.563
18:2	g	0.309			0.259	0.514	1.397
18:3	g	0.258			0.217	0.431	1.170
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.300			0.252	0.501	1.361
Threonine	g	0.926			0.778	1.546	4.200
Isoleucine	g	0.989			0.831	1.652	4.486
Leucine	g	1.864			1.566	3.113	8.455
Lysine	g	1.646			1.383	2.749	7.466
Methionine	g	0.346			0.291	0.578	1.569
Cystine	g	0.269			0.226	0.449	1.220
Phenylalanine	g	1.421			1.194	2.373	6.446
Tyrosine	g	0.786			0.660	1.313	3.565
Valine	g	1.160			0.974	1.937	5.262
Arginine	g	1.685			1.415	2.814	7.643
Histidine	g	0.755			0.634	1.261	3.425
Alanine	g	1.109			0.932	1.852	5.030
Aspartic acid	g	2.938			2.468	4.906	13.327
Glutamic acid	g	4.608			3.871	7.695	20.902
Glycine	g	1.004			0.843	1.677	4.554
Proline	g	1.094			0.919	1.827	4.962
Serine	g	1.218			1.023	2.034	5.525

YARDLONG BEANS, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 86 g	1 c = 171 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	68.80			59.17	117.65	312.09
Food energy	kcal	118			102	202	537
	kJ	495			426	847	2,246
Protein (N x 6.25)	g	8.29			7.13	14.17	37.59
Total lipid (fat)	g	0.45			0.39	0.77	2.03
Carbohydrate, total	g	21.09			18.14	36.07	95.67
Crude fiber	g	1.62			1.40	2.78	7.37
Ash	g	1.37			1.18	2.34	6.22
Minerals:							
Calcium	mg	42			36	72	191
Iron	mg	2.64			2.27	4.51	11.97
Magnesium	mg	98			84	167	443
Phosphorus	mg	181			156	309	821
Potassium	mg	315			271	539	1,430
Sodium	mg	5			4	9	24
Zinc	mg	1.08			0.92	1.84	4.88
Copper	mg	0.225			0.194	0.385	1.021
Manganese	mg	0.487			0.419	0.833	2.209
Vitamins:							
Ascorbic acid	mg	0.4			0.3	0.6	1.7
Thiamin	mg	0.212			0.182	0.363	0.962
Riboflavin	mg	0.064			0.055	0.109	0.290
Niacin	mg	0.551			0.474	0.942	2.499
Pantothenic acid	mg	0.398			0.342	0.681	1.805
Vitamin B_6	mg	0.095			0.082	0.162	0.431
Folacin	mcg	145.7			125.3	249.1	660.8
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	2			1	3	7
	IU	16			14	27	72
Lipids:							
Fatty acids:							
Saturated, total	g	0.116			0.100	0.198	0.526
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.108			0.093	0.185	0.490
18:0	g	0.007			0.006	0.012	0.032
Monounsaturated, total	g	0.039			0.034	0.067	0.177
16:1	g						
18:1	g	0.039			0.034	0.067	0.177
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.193			0.166	0.330	0.875
18:2	g	0.105			0.090	0.180	0.476
18:3	g	0.088			0.076	0.150	0.399
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.102			0.088	0.174	0.463
Threonine	g	0.316			0.272	0.540	1.433
Isoleucine	g	0.337			0.290	0.576	1.529
Leucine	g	0.635			0.546	1.086	2.880
Lysine	g	0.561			0.482	0.959	2.545
Methionine	g	0.118			0.101	0.202	0.535
Cystine	g	0.091			0.078	0.156	0.413
Phenylalanine	g	0.484			0.416	0.828	2.195
Tyrosine	g	0.268			0.230	0.458	1.216
Valine	g	0.395			0.340	0.675	1.792
Arginine	g	0.574			0.494	0.982	2.604
Histidine	g	0.257			0.221	0.439	1.166
Alanine	g	0.378			0.325	0.646	1.715
Aspartic acid	g	1.001			0.861	1.712	4.541
Glutamic acid	g	1.570			1.350	2.685	7.122
Glycine	g	0.342			0.294	0.585	1.551
Proline	g	0.373			0.321	0.638	1.692
Serine	g	0.415			0.357	0.710	1.882

WINGED BEANS, Raw

Psophocarpus tetragonolobus

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 91 g	1 c = 182 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	8.34	0.362	83	7.59	15.18	37.84
Food energy	kcal	409			372	745	1,856
	kJ	1,712			1,558	3,116	7,766
Protein (N X6.25)	g	29.65	0.458	57	26.98	53.95	134.47
Total lipid (fat)	g	16.32	0.182	95	14.85	29.70	74.01
Carbohydrate, total	g	41.71			37.96	75.92	189.21
Crude fiber[1]	g	6.85	0.182	36	6.23	12.46	31.05
Ash	g	3.98	0.062	70	3.62	7.25	18.06
Minerals:							
Calcium	mg	440	24.899	48	400	800	1,994
Iron	mg	13.44	1.028	56	12.23	24.45	60.94
Magnesium	mg	179	5.240	43	163	326	812
Phosphorus	mg	451	12.671	48	410	821	2,045
Potassium	mg	977	45.541	30	889	1,778	4,432
Sodium	mg	38	1.359	30	35	70	173
Zinc	mg	4.48	0.150	33	4.08	8.15	20.32
Copper	mg	2.880	0.104	29	2.621	5.242	13.064
Manganese	mg	3.721	0.326	20	3.386	6.772	16.878
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	1.030		1	0.937	1.875	4.672
Riboflavin	mg	0.450	0.034	5	0.410	0.819	2.041
Niacin	mg	3.090		1	2.812	5.624	14.016
Pantothenic acid	mg						
Vitamin B_6	mg	0.175			0.159	0.319	0.794
Folacin	mcg	44.6			40.5	81.1	202.1
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.303			2.096	4.191	10.446
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.028			0.025	0.051	0.127
16:0	g	1.255			1.142	2.284	5.693
18:0	g	0.745			0.678	1.356	3.379
Monounsaturated, total	g	6.012			5.471	10.942	27.270
16:1	g	0.055			0.050	0.100	0.249
18:1	g	5.654			5.145	10.290	25.647
20:1	g	0.303			0.276	0.551	1.374
22:1	g						
Polyunsaturated, total	g	4.330			3.940	7.881	19.641
18:2	g	4.068			3.702	7.404	18.452
18:3	g	0.262			0.238	0.477	1.188
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.762		30	0.693	1.387	3.456
Threonine	g	1.179		38	1.073	2.146	5.348
Isoleucine	g	1.468		38	1.336	2.672	6.659
Leucine	g	2.497		38	2.272	4.545	11.326
Lysine	g	2.136		37	1.944	3.888	9.689
Methionine	g	0.356		41	0.324	0.648	1.615
Cystine	g	0.545		32	0.496	0.992	2.472
Phenylalanine	g	1.429		38	1.300	2.601	6.482
Tyrosine	g	1.457		31	1.326	2.652	6.609
Valine	g	1.530		38	1.392	2.785	6.940
Arginine	g	1.886		38	1.716	3.433	8.555
Histidine	g	0.790		38	0.719	1.438	3.583
Alanine	g	1.040		31	0.946	1.893	4.717
Aspartic acid	g	3.187		31	2.900	5.800	14.456
Glutamic acid	g	4.010		31	3.649	7.298	18.189
Glycine	g	1.140		31	1.037	2.075	5.171
Proline	g	1.924		31	1.751	3.502	8.727
Serine	g	1.235		31	1.124	2.248	5.602

[1] Insoluble dietary fiber as determined by the neutral detergent fiber method = 15.5 g per 100 g.

WINGED BEANS, Cooked, boiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1/2 c = 86 g	1 c = 172 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	67.19			57.78	115.57	304.77
Food energy	kcal	147			126	252	665
	kJ	613			527	1,054	2,781
Protein (N X6.25)	g	10.62			9.13	18.26	48.15
Total lipid (fat)	g	5.84			5.02	10.05	26.50
Carbohydrate, total	g	14.94			12.84	25.69	67.75
Crude fiber	g	2.45			2.11	4.22	11.12
Ash	g	1.43			1.23	2.45	6.47
Minerals:							
Calcium	mg	142			122	244	643
Iron	mg	4.33			3.72	7.45	19.64
Magnesium	mg	54			47	94	247
Phosphorus	mg	153			132	264	696
Potassium	mg	280			241	481	1,270
Sodium	mg	13			11	22	59
Zinc	mg	1.44			1.24	2.48	6.55
Copper	mg	0.773			0.665	1.330	3.506
Manganese	mg	1.199			1.031	2.062	5.439
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.295			0.254	0.507	1.338
Riboflavin	mg	0.129			0.111	0.222	0.585
Niacin	mg	0.830			0.714	1.428	3.765
Pantothenic acid	mg						
Vitamin B_6	mg	0.047			0.040	0.081	0.213
Folacin	mcg	10.4			8.9	17.8	47.0
Vitamin B_{12}	mcg	0			0	0	0
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	0.825			0.710	1.419	3.742
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.010			0.009	0.017	0.045
16:0	g	0.449			0.386	0.772	2.037
18:0	g	0.267			0.230	0.459	1.211
Monounsaturated, total	g	2.153			1.852	3.703	9.766
16:1	g	0.020			0.017	0.034	0.091
18:1	g	2.025			1.742	3.483	9.185
20:1	g	0.109			0.094	0.187	0.494
22:1	g						
Polyunsaturated, total	g	1.551			1.334	2.668	7.035
18:2	g	1.457			1.253	2.506	6.609
18:3	g	0.094			0.081	0.162	0.426
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.233			0.200	0.401	1.057
Threonine	g	0.360			0.310	0.619	1.633
Isoleucine	g	0.448			0.385	0.771	2.032
Leucine	g	0.762			0.655	1.311	3.456
Lysine	g	0.652			0.561	1.121	2.957
Methionine	g	0.109			0.094	0.187	0.494
Cystine	g	0.166			0.143	0.286	0.753
Phenylalanine	g	0.436			0.375	0.750	1.978
Tyrosine	g	0.445			0.383	0.765	2.019
Valine	g	0.467			0.402	0.803	2.118
Arginine	g	0.576			0.495	0.991	2.613
Histidine	g	0.241			0.207	0.415	1.093
Alanine	g	0.318			0.273	0.547	1.442
Aspartic acid	g	0.973			0.837	1.674	4.414
Glutamic acid	g	1.224			1.053	2.105	5.552
Glycine	g	0.348			0.299	0.599	1.579
Proline	g	0.588			0.506	1.011	2.667
Serine	g	0.377			0.324	0.648	1.710