



### Nutritional values of **cooked beans**

PER 100 GRAMs	UNIT	MINIMUM	MAXIMUM
Water	g	60.00	70.00
Calories	Kgal	115.00	164.00
Proteins	g	7.70	9.34
Fats	g	0.38	2.59
Carbohydrates	g	20.77	27.41
Dietary Fibre	g	5.30	10.00
Ashi	g	0.92	1.35
Calcium	mg	17.00	70.00
Iron	mg	2.09	2.89
Magnesium	mg	43.00	70.00
Phosphorous	mg	111.00	168.00
Potassium	mg	291.00	508.00
Sodium	mg	1.00	7.00
Zinc	mg	0.88	1.53
Copper	mg	0.21	0.35
Manganese	mg	0.37	1.03
Selenium	µg	1.20	3.70
Vitamin C	mg	0.00	1.30
Thiamine	mg	0.12	0.26
Riboflavin	mg	0.06	0.09
Niacin	mg	0.40	0.68
Pantothenic Acid	mg	0.22	0.47
Vitamin B-6	mg	0.07	0.18
Folic Acid	µg	83.10	207.00
Vitamin A	IU	1.00	27.00
Vitamin E	mg-aTE	0.18	0.94

**(\*) Values for:**

Mature beans boiled without salt.

**(\*\*) Units:**

**g**        gram  
**mg**       milligram  
**µg**       microgram  
**IU**        International Unit  
**aTE**      a-Tocopherol equivalent

**Source**

<http://www.nal.usda.gov/fnic/foodcomp>  
 USDA NDB 16000 Series HB8, Release 12