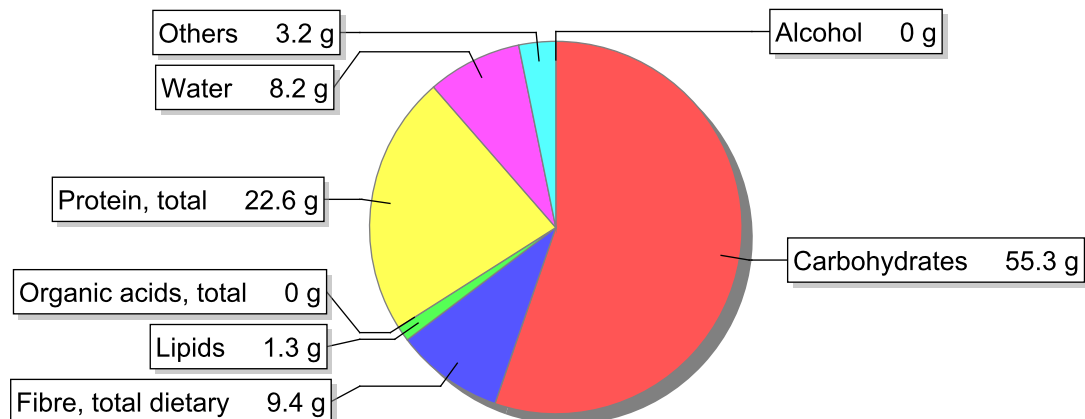


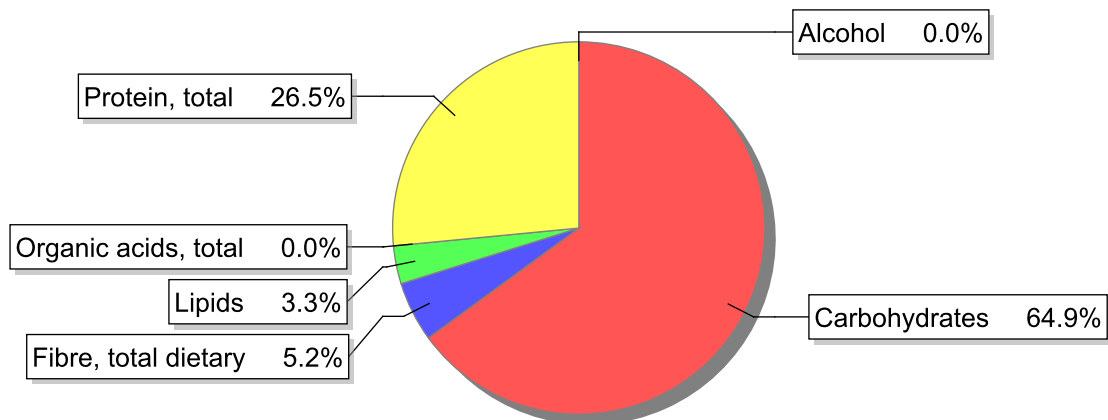
**Food**

**Name:** Beans, blackeye, raw  
**Group:** Legumes (fresh and dried)  
**Subgroup:** Dried legumes  
**Edible Part:** 100%  
**Code:** IS529  
**FoodEX2 Code:** A013N

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	342	kcal	
energy kJ, total metabolisable	1450	kJ	
fatty acids, total saturated	0.6	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.9	g	
fatty acid 18:2 n-6 cis,cis	0.9	g	
fatty acids, total trans	0	g	
sugars, total	3.1	g	
sucrose	2.7	g	

Name	Value	Unit	Source(s)
lactose	0.1	g	
salt	0.0	g	
starch, total	48.3	g	
protein, total	22.6	g	57
alcohol	0	g	
water	8.2	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	5	µg	
carotene, total (vitamin A precursors)	30	µg	
vitamin D	0	µg	
alpha-tocopherol	0.3	mg	57
thiamin	0.54	mg	57
riboflavin	0.18	mg	57
niacin, preformed	2.1	mg	
niacin equivalents, total	6.9	mg	
niacin equivalents from tryptophan	4.8	mg	
vitamin B-6, total	0.37	mg	
vitamin B-12	0	µg	57
vitamin C	1	mg	
folate, total	630	µg	
ash	3.20	g	
sodium	18	mg	57
potassium	1100	mg	
calcium	81	mg	
phosphorus	410	mg	
magnesium	130	mg	57
iron, total	5.2	mg	57
zinc	3.5	mg	57

## Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

## References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB