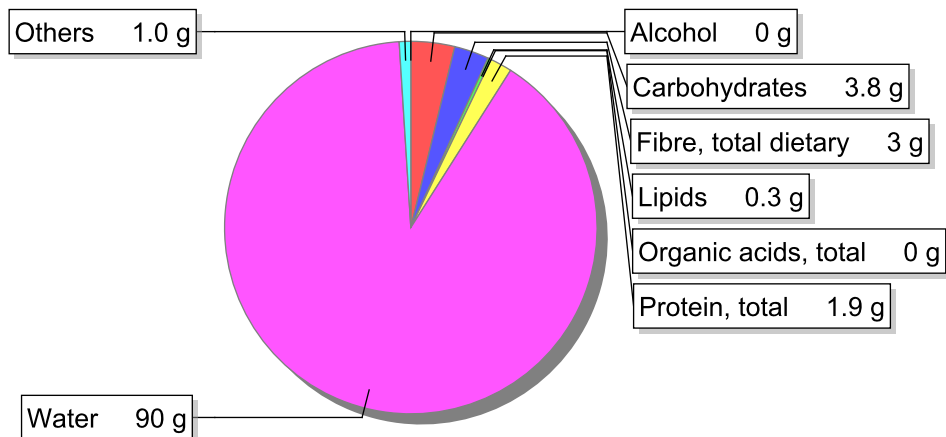


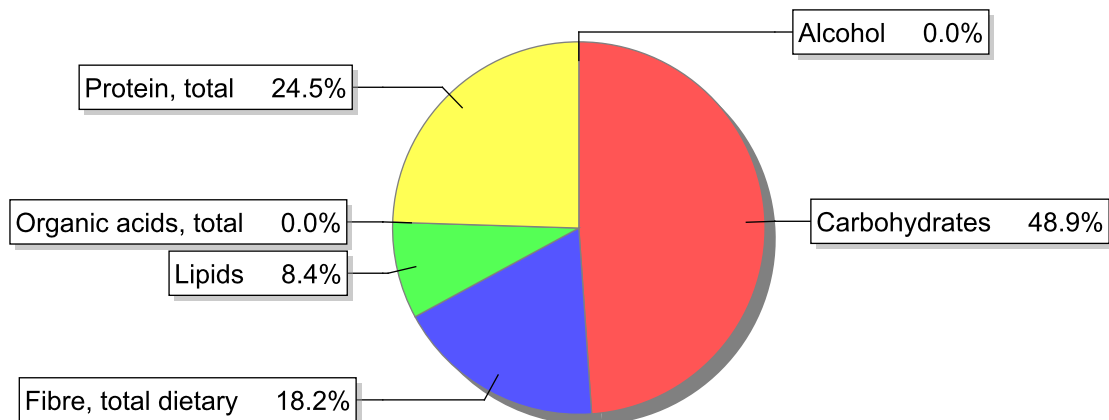
Food

Name: Green beans, raw
Group: Legumes (fresh and dried)
Subgroup: Fresh legumes
Edible Part: 95%
Code: IS577
FoodEX2 Code: A00PE

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	32	kcal	
energy kJ, total metabolisable	132	kJ	
fatty acids, total saturated	0.1	g	57
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.2	g	57
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	2.8	g	
sucrose	0.5	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.0	g	
starch, total	1	g	
protein, total	1.9	g	57
alcohol	0	g	
water	90	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	43	µg	57
carotene, total (vitamin A precursors)	260	µg	57
vitamin D	0	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.05	mg	
riboflavin	0.07	mg	
niacin, preformed	0.7	mg	
niacin equivalents, total	1.2	mg	
niacin equivalents from tryptophan	0.5	mg	
vitamin B-6, total	0.05	mg	
vitamin B-12	0	µg	
vitamin C	17	mg	57
folate, total	80	µg	
ash	0.98	g	
sodium	2	mg	
potassium	250	mg	
calcium	40	mg	57
phosphorus	35	mg	57
magnesium	17	mg	57
iron, total	0.7	mg	57
zinc	0.2	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