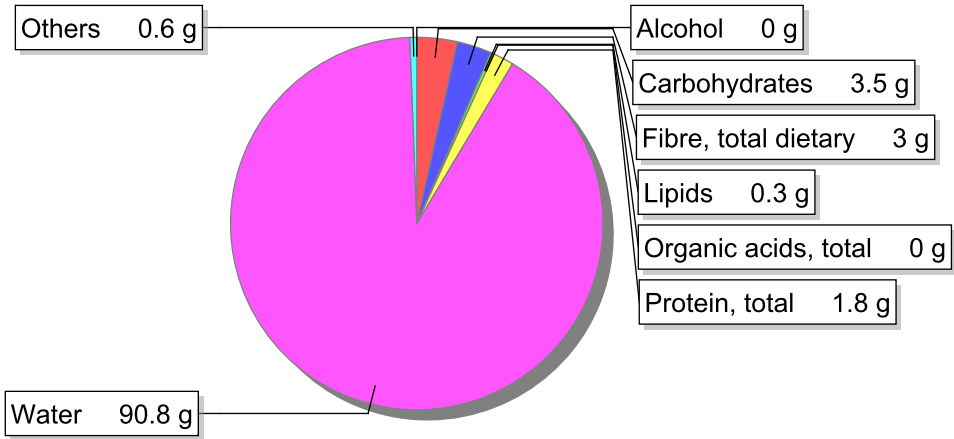


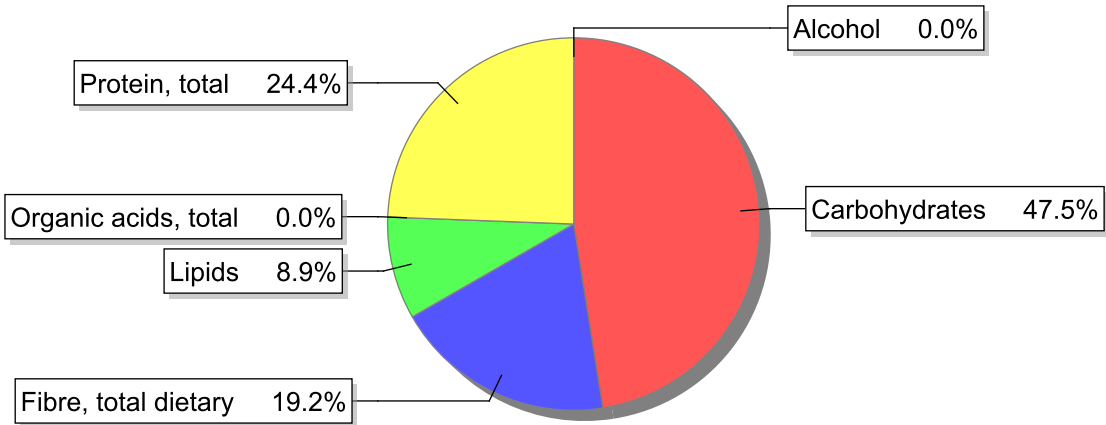
Food

Name: Green beans, boiled
Group: Legumes (fresh and dried)
Subgroup: Fresh legumes
Edible Part: 100%
Code: IS578
FoodEX2 Code: A00PE

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	30	kcal	
energy kJ, total metabolisable	125	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	2.5	g	
sucrose	0.4	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.2	g	
fibre, total dietary	3	g	
protein, total	1.8	g	
alcohol	0	g	
water	90.8	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	40	µg	57
carotene, total (vitamin A precursors)	239	µg	
vitamin D	0	µg	
alpha-tocopherol	0.18	mg	
thiamin	0.04	mg	
riboflavin	0.06	mg	
niacin, preformed	0.6	mg	
niacin equivalents, total	1	mg	
niacin equivalents from tryptophan	0.4	mg	
vitamin B-6, total	0.04	mg	
vitamin B-12	0	µg	
vitamin C	11	mg	
folate, total	49	µg	
iodide	1.7	µg	1140
sodium	98	mg	
potassium	230	mg	
calcium	41	mg	
phosphorus	34	mg	
magnesium	17	mg	57
iron, total	0.6	mg	
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
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