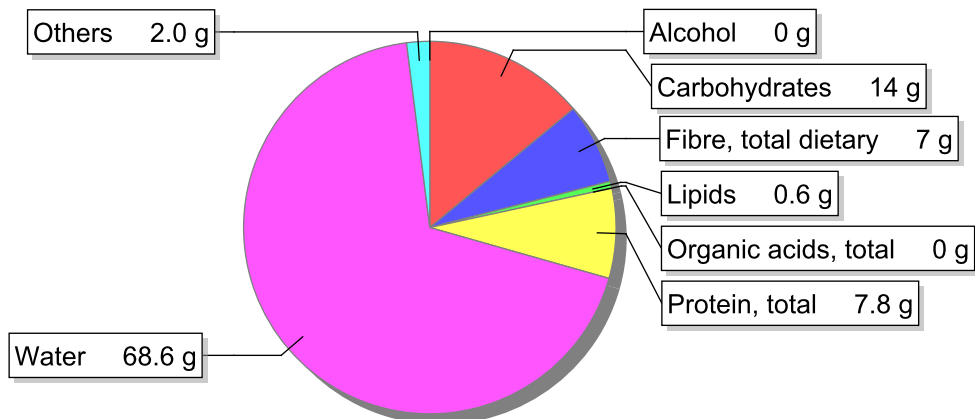


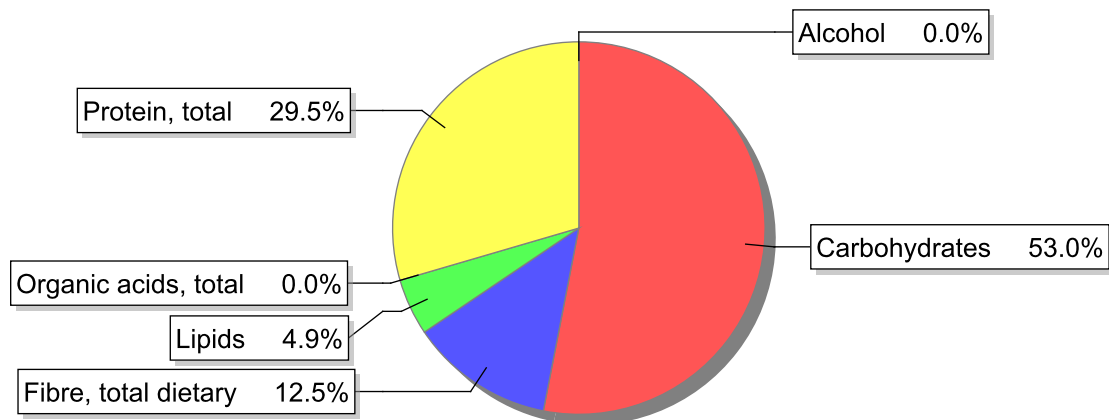
Food

Name: Beans, butter, soaked, boiled
Group: Legumes (fresh and dried)
Subgroup: Dried legumes
Edible Part: 100%
Code: IS534
FoodEX2 Code: A012T

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	107	kcal	
energy kJ, total metabolisable	449	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.2	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0	g	
sugars, total	0.8	g	
sucrose	0.7	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.6	g	
fibre, total dietary	7	g	
protein, total	7.8	g	
alcohol	0	g	
water	68.6	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	1	µg	
carotene, total (vitamin A precursors)	4	µg	
vitamin D	0	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.14	mg	
riboflavin	0.07	mg	
niacin, preformed	0.7	mg	
niacin equivalents, total	1.9	mg	
niacin equivalents from tryptophan	1.2	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	43	µg	
iodide	0.2	µg	1140
sodium	250	mg	
potassium	420	mg	
calcium	50	mg	
phosphorus	150	mg	
magnesium	51	mg	
iron, total	2.7	mg	
zinc	1	mg	

Legend

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

References

Id	Reference
1140	TDS_Iodo_INSA_LAB_2