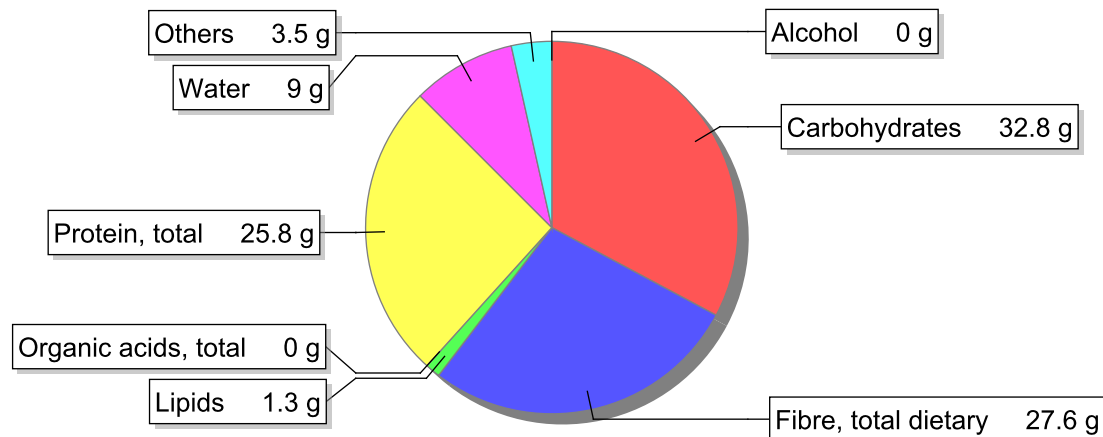


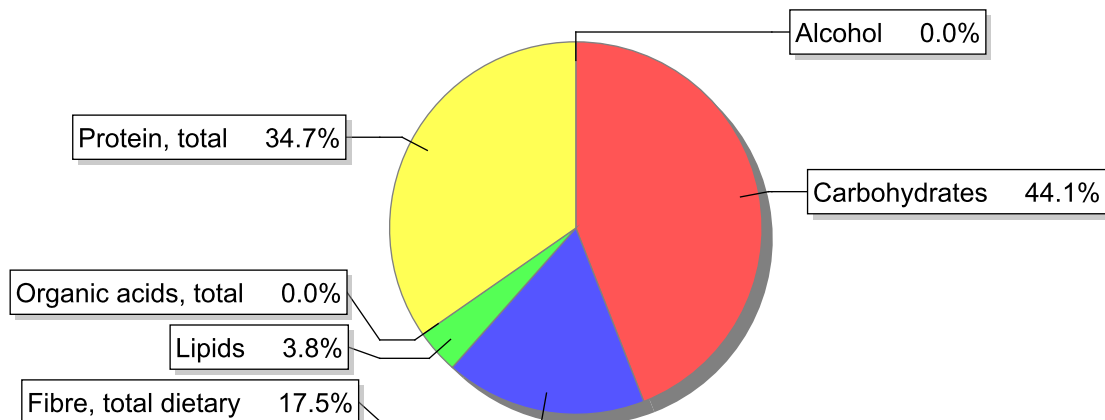
Food

Name: Broad beans, dried
Group: Legumes (fresh and dried)
Subgroup: Dried legumes
Edible Part: 100%
Code: IS527
FoodEX2 Code: A013H

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable | 301 | kcal | |
| energy kJ, total metabolisable | 1270 | kJ | |
| fatty acids, total saturated | 0.2 | g | |
| fatty acids, total monounsaturated | 0.3 | g | |
| fatty acids, total polyunsaturated | 0.5 | g | |
| fatty acid 18:2 n-6 cis,cis | 0.5 | g | |
| fatty acids, total trans | 0 | g | |
| sugars, total | 6.2 | g | |
| sucrose | 3.9 | g | |

| Name | Value | Unit | Source(s) |
|--|-------|------|-----------|
| lactose | 0 | g | |
| oligosaccharides, available | 2.3 | g | |
| starch, total | 24.3 | g | |
| protein, total | 25.8 | g | 57 |
| alcohol | 0 | g | 57 |
| water | 9 | g | 57 |
| organic acids, total | 0 | g | |
| cholesterol | 0 | mg | |
| vitamin A; retinol equiv from retinol and carotenoid activities | 5 | µg | 57 |
| carotene, total (vitamin A precursors) | 30 | µg | 57 |
| vitamin D | 0 | µg | |
| alpha-tocopherol | 0.46 | mg | |
| thiamin | 0.43 | mg | 57 |
| riboflavin | 0.26 | mg | 57 |
| niacin, preformed | 2.6 | mg | |
| niacin equivalents, total | 6.7 | mg | |
| niacin equivalents from tryptophan | 4.1 | mg | |
| vitamin B-6, total | 0.37 | mg | 57 |
| vitamin B-12 | 0 | µg | 57 |
| vitamin C | 0 | mg | |
| folate, total | 150 | µg | 57 |
| ash | 3.50 | g | |
| sodium | 13 | mg | 57 |
| potassium | 1090 | mg | 57 |
| calcium | 110 | mg | 57 |
| phosphorus | 330 | mg | 57 |
| magnesium | 200 | mg | 57 |
| iron, total | 5 | mg | 57 |
| zinc | 3.2 | 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 |