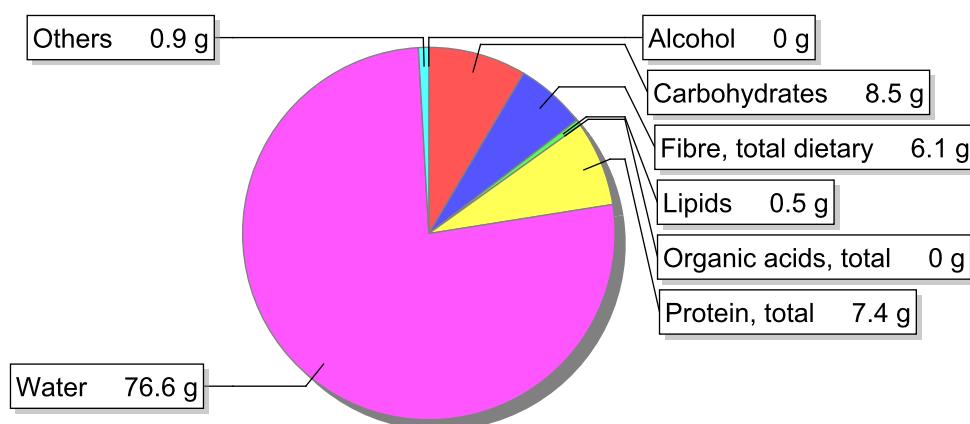


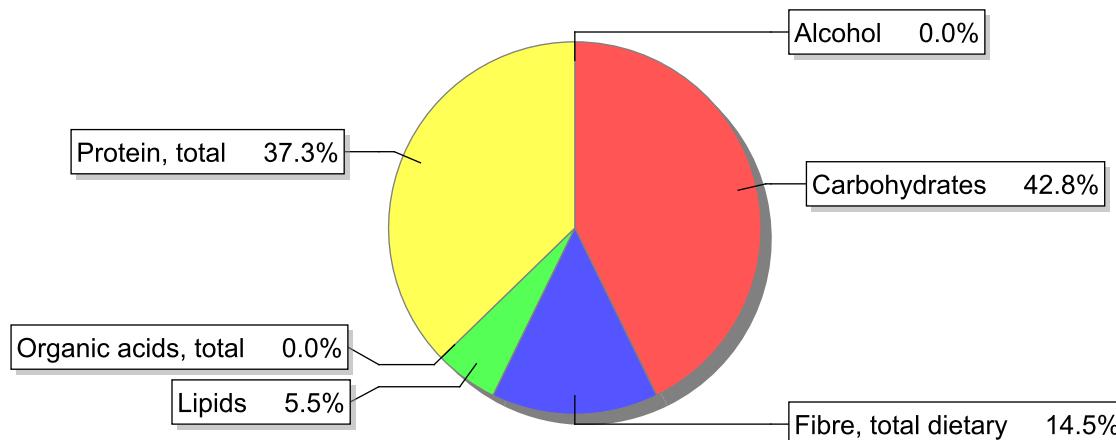
Food

Name: Broad beans, fresh, raw
Group: Legumes (fresh and dried)
Subgroup: Fresh legumes
Edible Part: 40%
Code: IS575
FoodEX2 Code: A012A

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	80	kcal	
energy kJ, total metabolisable	338	kJ	
fatty acids, total saturated	0.1	g	57
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	1.6	g	
sucrose	1.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.5	g	
starch, total	6.4	g	
protein, total	7.4	g	57
alcohol	0	g	
water	76.6	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	11	µg	57
carotene, total (vitamin A precursors)	64	µg	57
vitamin D	0	µg	
alpha-tocopherol	0.46	mg	
thiamin	0.04	mg	
riboflavin	0.04	mg	
niacin, preformed	1.2	mg	
niacin equivalents, total	2.4	mg	
niacin equivalents from tryptophan	1.2	mg	
vitamin B-6, total	0.06	mg	
vitamin B-12	0	µg	
vitamin C	23	mg	57
folate, total	145	µg	
ash	0.84	g	
sodium	7	mg	57
potassium	270	mg	
calcium	25	mg	57
phosphorus	87	mg	57
magnesium	32	mg	57
iron, total	1.2	mg	57
zinc	1	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