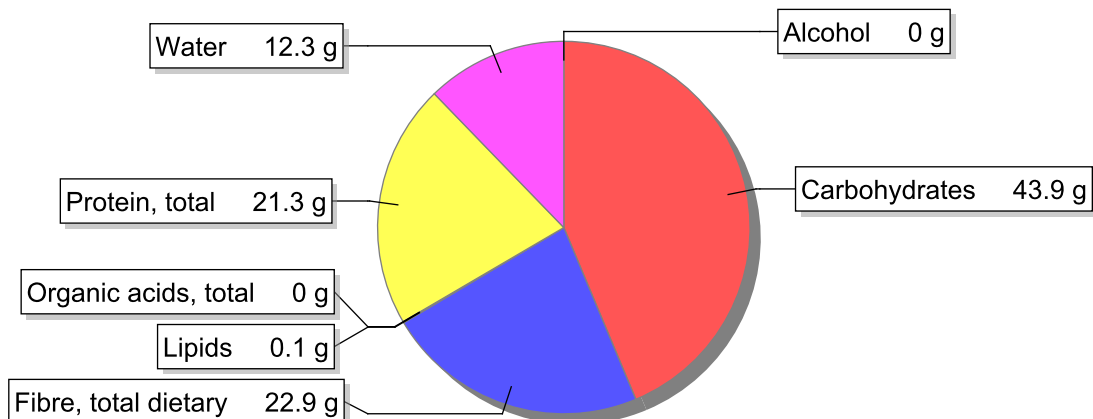


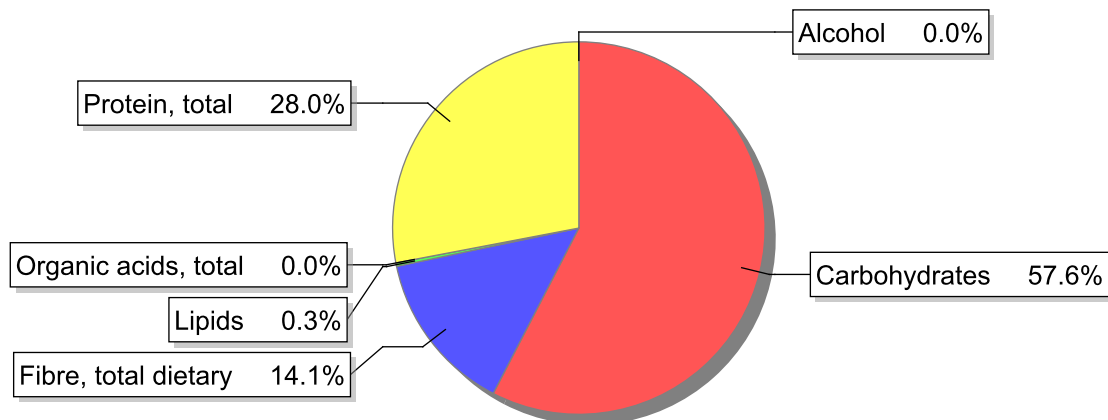
Food

Name: White beans, raw, dried
Group: Legumes (fresh and dried)
Subgroup: Dried legumes
Edible Part: 100%
Code: IS531
FoodEX2 Code: A012X

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	308	kcal	
energy kJ, total metabolisable	1300	kJ	
fatty acids, total saturated	0	g	1156
fatty acids, total monounsaturated	0	g	1156
fatty acids, total polyunsaturated	0	g	1156
fatty acid 18:2 n-6 cis,cis	0.01	g	1156
fatty acids, total trans	0	g	1156
sugars, total	2	g	1156
sucrose	1.7	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	3.8	g	
starch, total	41.9	g	
protein, total	21.3	g	1156
alcohol	0	g	
water	12.3	g	1156
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	
alpha-tocopherol	0.2	mg	57
thiamin	0.35	mg	57
riboflavin	0.17	mg	57
niacin, preformed	1.5	mg	1156
niacin equivalents, total	4.6	mg	
niacin equivalents from tryptophan	3.4	mg	
vitamin B-6, total	0.35	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	1156
folate, total	300	µg	
ash	3.95	g	1156
sodium	10	mg	1156
potassium	1490	mg	1156
calcium	150	mg	1156
phosphorus	480	mg	1156
magnesium	160	mg	1156
iron, total	6.5	mg	1156
zinc	3.2	mg	1156

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
1156	INSALAB_URMR/URQ/UID_Estudo vegetarianos_2021