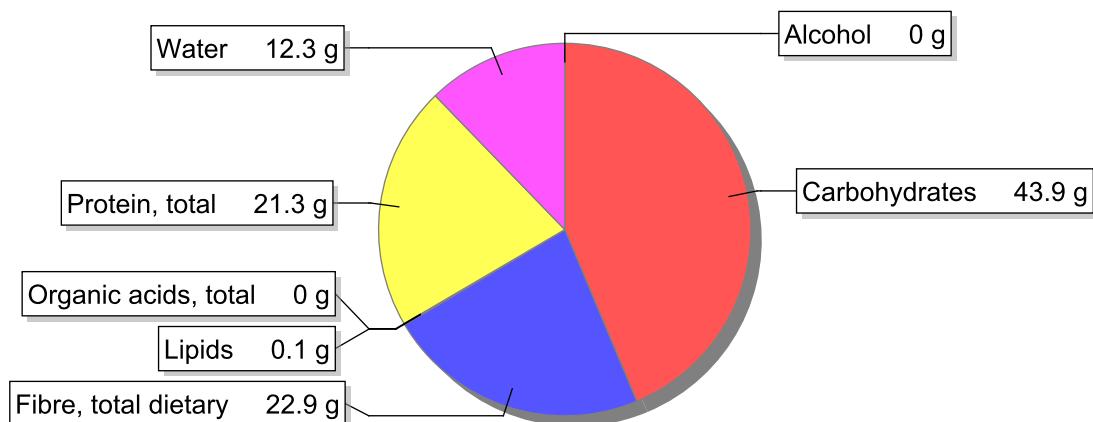


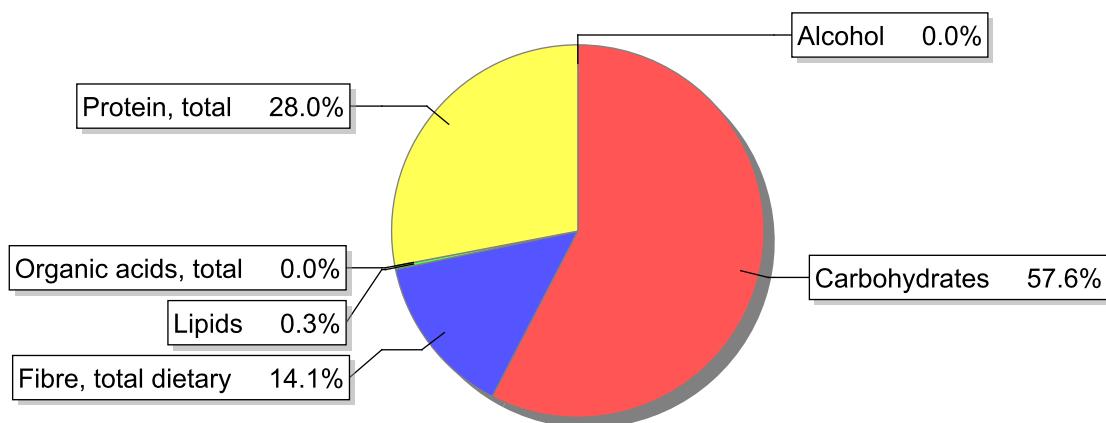
## Food

**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