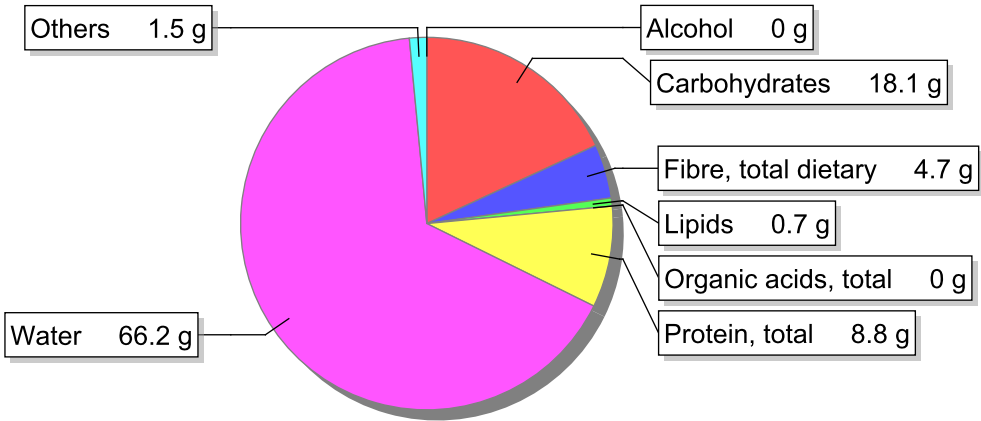


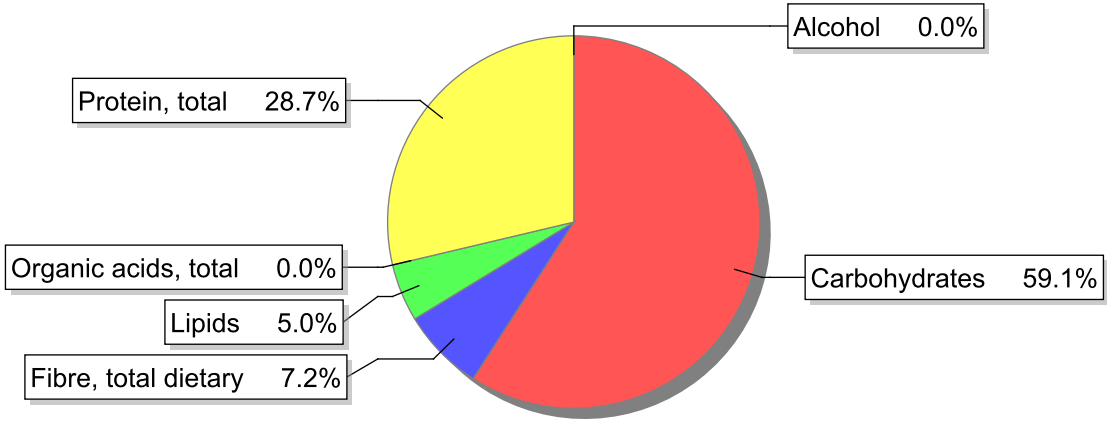
Food

Name: Beans, blackeye, boiled
Group: Legumes (fresh and dried)
Subgroup: Dried legumes
Edible Part: 100%
Code: IS530
FoodEX2 Code: A013N

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	123	kcal	
energy kJ, total metabolisable	521	kJ	
fatty acids, total saturated	0.2	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.3	g	
fatty acids, total trans	0	g	
sugars, total	1	g	
sucrose	0.9	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.6	g	
fibre, total dietary	4.7	g	
protein, total	8.8	g	
alcohol	0	g	
water	66.2	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	2	µg	
carotene, total (vitamin A precursors)	13	µg	
vitamin D	0	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.19	mg	
riboflavin	0.05	mg	
niacin, preformed	0.5	mg	
niacin equivalents, total	2.4	mg	
niacin equivalents from tryptophan	1.9	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	210	µg	
ash	1.40	g	
sodium	250	mg	
potassium	320	mg	
calcium	21	mg	
phosphorus	140	mg	
magnesium	47	mg	
iron, total	1.9	mg	
zinc	1.1	mg	

Legend

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

References

Id	Reference
1140	TDS_Iodo_INSA_LAB_2