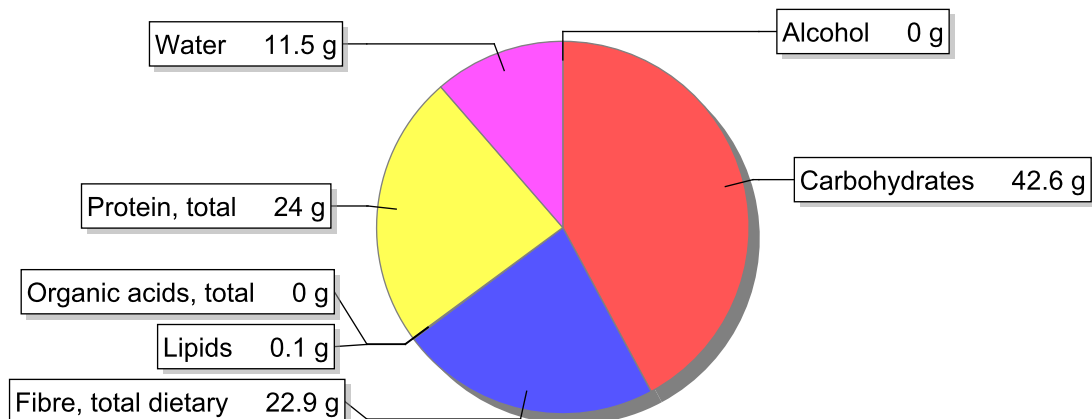


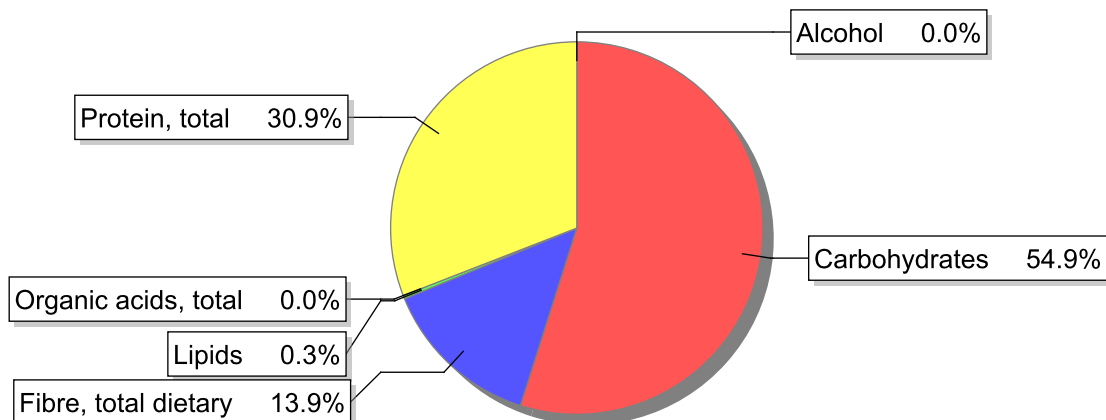
Food

Name: Butter beans, raw, dried
Group: Legumes (fresh and dried)
Subgroup: Dried legumes
Edible Part: 100%
Code: IS533
FoodEX2 Code: A012T

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	313	kcal	
energy kJ, total metabolisable	1320	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	1.7	g	1156
sucrose	1.5	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	3.6	g	
fibre, total dietary	22.9	g	57
protein, total	24	g	1156
alcohol	0	g	
water	11.5	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	
vitamin D	0	µg	
alpha-tocopherol	0.3	mg	
thiamin	0.61	mg	57
riboflavin	0.19	mg	
niacin, preformed	1.57	mg	1156
niacin equivalents, total	4.9	mg	
niacin equivalents from tryptophan	3.5	mg	
vitamin B-6, total	0.6	mg	57
vitamin B-12	0	µg	
vitamin C	0	mg	1156
folate, total	360	µg	
ash	4.01	g	1156
sodium	10	mg	1156
potassium	1630	mg	1156
calcium	120	mg	1156
phosphorus	420	mg	1156
magnesium	140	mg	1156
iron, total	6.9	mg	1156
zinc	3	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