



Nutritional Benefits

Visit your local supplier and try all the different American legume varieties. You'll be pleasantly surprised.

Beans are an excellent source of vegetable protein and minerals such as iron, magnesium and zinc. They are rich in folic acid, an element associated with the reduction of such birth defects as Spina Bifida and also protect against heart disease. Beans are also a good source of non-lactic calcium. They are rich in soluble dietary fibre which helps to bring down cholesterol levels and also contain estrogens of vegetable origin which contribute towards reducing certain cancers caused by hormonal action.

Nutritional values of **cooked beans**

PER 100 GRAMs	UNIT	MINIMUM	MAXIMUM
Water	g	60.00	70.00
Calories	Kgal	115.00	164.00
Proteins	g	7.70	9.34
Fats	g	0.38	2.59
Carbohydrates	g	20.77	27.41
Dietary Fibre	g	5.30	10.00
Ashi	g	0.92	1.35
Calcium	mg	17.00	70.00
Iron	mg	2.09	2.89
Magnesium	mg	43.00	70.00
Phosphorous	mg	111.00	168.00
Potassium	mg	291.00	508.00
Sodium	mg	1.00	7.00
Zinc	mg	0.88	1.53
Copper	mg	0.21	0.35
Manganese	mg	0.37	1.03
Selenium	µg	1.20	3.70
Vitamin C	mg	0.00	1.30
Thiamine	mg	0.12	0.26
Riboflavin	mg	0.06	0.09
Niacin	mg	0.40	0.68
Pantothenic Acid	mg	0.22	0.47
Vitamin B-6	mg	0.07	0.18
Folic Acid	µg	83.10	207.00
Vitamin A	UI	1.00	27.00
Vitamin E	mg-aTE	0.18	0.94

(*) Values for:

Mature beans boiled without salt.

() Units:**

- g** gram
- mg** milligram
- µg** microgram
- IU** International Unit
- aTE** a-Tocopherol equivalent

Source

<http://www.nal.usda.gov/fnic/foodcomp>
USDA NDB 16000 Series HB8, Release 12

Types of beans analysed:

- Bean Baby Lima**
- Bean Black**
[Download PDF]
- Bean Blackeye**
- Bean Cranberry**
- Bean Dark Red Kidney**
[Download PDF]
- Chickpea**
[Download PDF]
- Bean Great Northern**
[Download PDF]
- Bean Light Red Kidney**
[Download PDF]
- Bean Navy**
[Download PDF]
- Bean Pink**
- Bean Pinto**
[Download PDF]
- Small Red Beans**