

NutrientProfile

Cooked Dry Beans: 1 Cup



Bean Type	Baby Lima	Black	Blackeye	Cranberry	Garbanzo	Gt. Northern	Large Lima	Navy	Pink	Pinto	Red Kidney	Small Red
Calories	230	228	200	240	270	210	218	260	252	236	218	226
Carbohydrates	42g	40g	36g	44g	46g	38g	40g	48g	48g	44g	38g	40g
Protein	14g	16g	12g	16g	14g	14g	14g	16g	16g	14g	16g	16g
Dietary Fiber	12g	8g	8g	10g	6g	10g	12g	10g	8g	12g	8g	8g
Folate	274mcg	256mcg	358mcg	366mcg	282mcg	182mcg	156mcg	256mcg	284mcg	294mcg	130mcg	230mcg
Calcium	52mg	48mg	42mg	90mg	80mg	122mg	32mg	128mg	88mg	82mg	78mg	50mg
Iron	4mg	4g	4mg	4mg	4mg	4mg	4mg	4mg	4mg	4mg	4mg	6mg
Fat	1g	1g	1g	1g	4g	1g	1g	1g	1g	1g	1g	1g
% Calories from Fat	6%	8%	10%	6%	28%	6%	6%	8%	6%	6%	2%	6%
Sodium	6mg	1mg	6mg	1mg	10mg	4mg	4mg	2mg	4mg	4mg	8mg	4mg