



Nutritional Benefits

U.S. Dry Edible Beans

Serving information

A portion of uncooked beans typically doubles after cooking (e.g. 2 cups uncooked equals between 4-5 cups of cooked beans). Average serving size is estimated to be 1/4 cup of uncooked beans (56.70 grams) per person (approx. 1/2 cup or 113.40 grams of cooked beans). Based on this serving size, one 110 lb. bag (50kg) of uncooked beans will yield approximately 880 servings.

Nutritional values of dry beans

(*) Values for:

Percentage of REA met with 100 grams of uncooked product (1.76 servings of dry beans)

(**) Units:

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

Source

<http://www.nal.usda.gov/fnic/foodcomp>
 <USAID Commodity Reference Guide, Annex III
www.usaid.gov/hum_response/org/annex-3.htm

Types of beans analysed:

Small red

Pinto [Download PDF]

Navy [Download PDF]


Black [Download PDF]



Kidney [Download PDF]

Great Northern [Download PDF]



Cranberry



Blackeye


NUTRIENTS (per 100 grams)	Average REA Range (for Persons 1-51+year)	 Small red Beans
Calories (Kcal)	1900	18,42%
Proteins (g)	39,5	55,70%
Vitamin A (mcg RE)	2331	0,00%
Vitamin C (mg)	50	0,00%
Thiamine (mg)	1,1	63,64%
Riboflavin (mg)	1,3	15,38%
Niacin (mg NE)	14,5	15,17%
Vitamin B6 (mg)	1,5	20,00%
Folate (mcg)	125	0,24%
Iron (mg)	12,5	56,00%
Zinc (mg)	13,5	22,22%
Selenium (mcg)	57,5	0,00%
Calcium (mg)	1050	14,29%
Phosphorous (mg)	975	46,15%
Magnesium (mg)	250	80,00%

NUTRIENTS (per 100 grams)		
	Pinto Beans	Navy Beans
Calories (Kcal)	17,89%	17,63%
Proteins (g)	52,91%	56,46%
Vitamin A (mcg RE)	0,21%	0,17%
Vitamin C (mg)	14,60%	6,00%
Thiamine (mg)	54,55%	58,64%
Riboflavin (mg)	15,38%	17,85%
Niacin (mg NE)	9,66%	14,23%
Vitamin B6 (mg)	26,67%	29,13%
Folate (mcg)	405,04%	295,76%
Iron (mg)	47,20%	51,52%
Zinc (mg)	18,96%	18,81%
Selenium (mcg)	32,17%	19,13%
Calcium (mg)	11,52%	14,76%

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Phosphorous (mg)	42,87%	45,44%
Magnesium (mg)	63,60%	69,20%

NUTRIENTS (per 100 grams)		
	Black Beans	All Kidney Beans
Calories (Kcal)	17,95%	17,53%
Proteins (g)	54,68%	59,75%
Vitamin A (mcg RE)	0,73%	0,34%
Vitamin C (mg)	0,00%	9,00%
Thiamine (mg)	72,73%	45,45%
Riboflavin (mg)	14,85%	15,38%
Niacin (mg NE)	13,48%	14,48%
Vitamin B6 (mg)	19,07%	26,67%
Folate (mcg)	355,44%	315,28%
Iron (mg)	40,16%	65,60%
Zinc (mg)	26,67%	20,74%
Selenium (mcg)	5,57%	5,57%
Calcium (mg)	11,71%	13,62%
Phosphorous (mg)	36,10%	41,74%
Magnesium (mg)	68,40%	56,00%

NUTRIENTS (per 100 grams)		
	Great Northern Beans	Cranberry Beans
Calories (Kcal)	17,84%	18,05%
Proteins (g)	55,44%	53,16%
Vitamin A (mcg RE)	0,13%	0,00%
Vitamin C (mg)	10,60%	0,00%
Thiamine (mg)	63,64%	72,73%
Riboflavin (mg)	15,38%	15,38%
Niacin (mg NE)	13,79%	13,10%
Vitamin B6 (mg)	26,67%	33,33%
Folate (mcg)	385,60%	370,56%
Iron (mg)	44,00%	54,40%
Zinc (mg)	17,04%	19,26%
Selenium (mcg)	22,43%	22,61%
Calcium (mg)	16,67%	12,38%
Phosphorous (mg)	45,85%	42,56%
Magnesium (mg)	75,60%	72,80%

NUTRIENTS (per 100 grams)	
	Blackeye Beans
Calories (Kcal)	17,68%
Proteins (g)	59,49%
Vitamin A (mcg RE)	2,15%
Vitamin C (mg)	3,00%

Vitamin C (mg)	3,00%
Thiamine (mg)	91,82%
Riboflavin (mg)	15,38%
Niacin (mg NE)	14,48%
Vitamin B6 (mg)	26,67%
Folate (mcg)	506,08%
Iron (mg)	66,40%
Zinc (mg)	25,19%
Selenium (mcg)	15,65%
Calcium (mg)	10,48%
Phosphorous (mg)	43,49%
Magnesium (mg)	73,60%