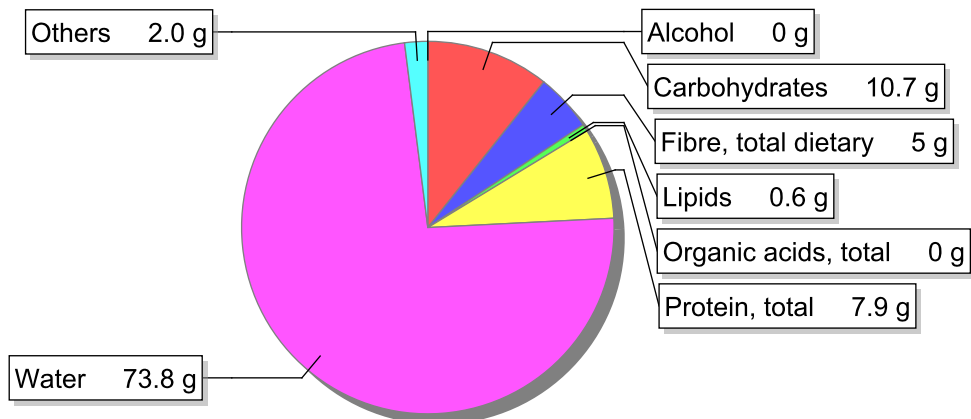


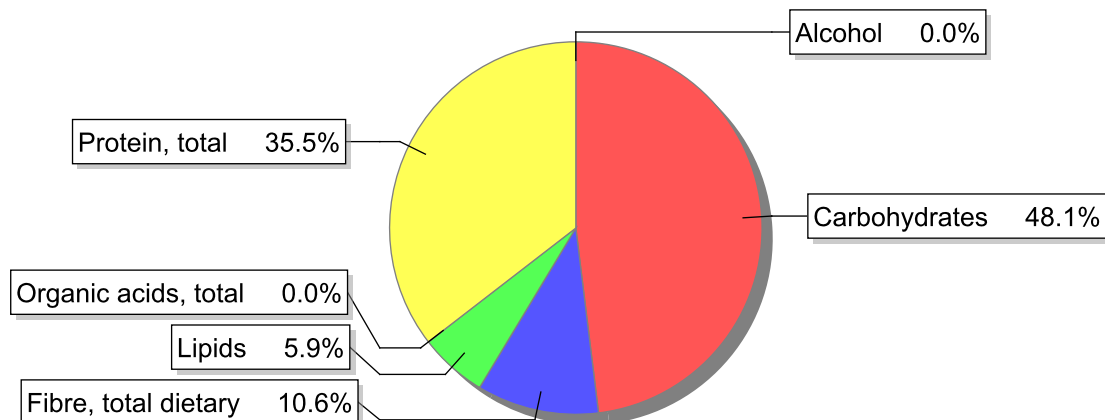
Food

Name: Broad beans, dried, soaked, boiled
Group: Legumes (fresh and dried)
Subgroup: Dried legumes
Edible Part: 100%
Code: IS528
FoodEX2 Code: A013H

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	90	kcal	
energy kJ, total metabolisable	378	kJ	
fatty acids, total saturated	0.1	g	57
fatty acids, total monounsaturated	0.1	g	57
fatty acids, total polyunsaturated	0.2	g	57
fatty acid 18:2 n-6 cis,cis	0.2	g	57
fatty acids, total trans	0	g	
sugars, total	1.2	g	57
sucrose	1.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.4	g	
fibre, total dietary	5	g	57
protein, total	7.9	g	57
alcohol	0	g	
water	73.8	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	38	µg	57
carotene, total (vitamin A precursors)	225	µg	57
vitamin D	0	µg	
alpha-tocopherol	0.6	mg	57
thiamin	0.03	mg	57
riboflavin	0.06	mg	57
niacin, preformed	3	mg	
niacin equivalents, total	4.3	mg	
niacin equivalents from tryptophan	1.3	mg	
vitamin B-6, total	0.08	mg	57
vitamin B-12	0	µg	
vitamin C	8	mg	57
folate, total	32	µg	
ash	2.00	g	
sodium	250	mg	57
potassium	280	mg	57
calcium	56	mg	57
phosphorus	150	mg	57
magnesium	38	mg	57
iron, total	1.6	mg	57
zinc	1	mg	57

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