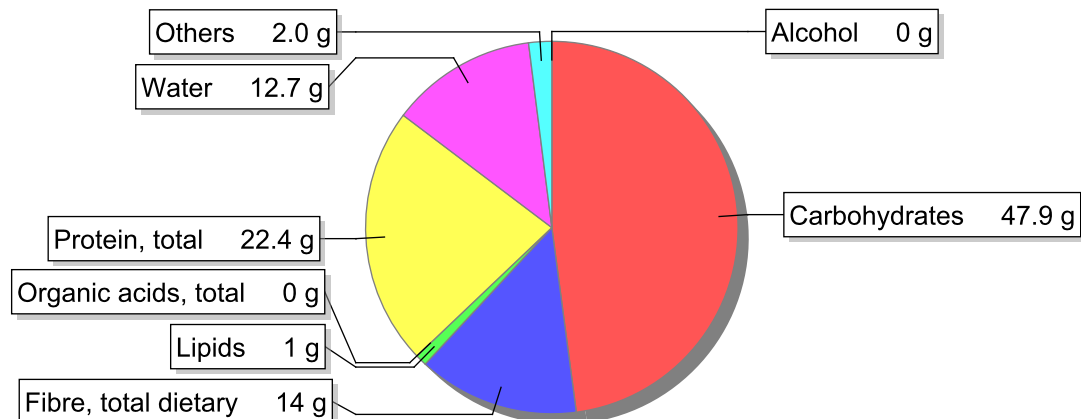


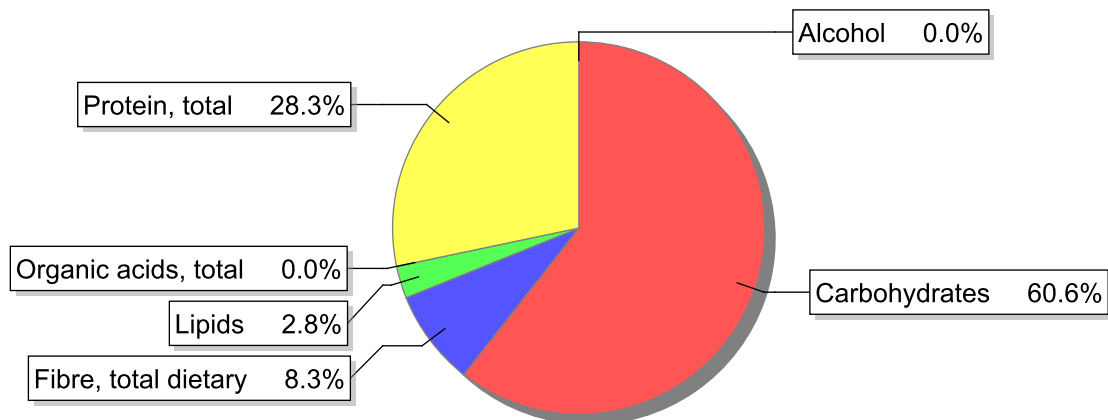
**Food**

**Name:** Black bean, raw, dried  
**Group:** Todos  
**Subgroup:**  
**Edible Part:** 100%  
**Code:**  
**FoodEX2 Code:**

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	318	kcal	
energy kJ, total metabolisable	1340	kJ	
fatty acids, total saturated	0.2	g	1156
fatty acids, total monounsaturated	0.1	g	1156
fatty acids, total polyunsaturated	0.7	g	1156
fatty acid 18:2 n-6 cis,cis	0.3	g	1156
fatty acids, total trans	0	g	1156
sugars, total	4.7	g	1156
sucrose	4	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>salt</b>	0	g	
<b>starch, total</b>	32	g	
<b>protein, total</b>	22.4	g	1156
<b>alcohol</b>	0	g	
<b>water</b>	12.7	g	1156
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	0	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	2	µg	
<b>carotene, total (vitamin A precursors)</b>	12	µg	
<b>vitamin D</b>	0	µg	
<b>alpha-tocopherol</b>	0.3	mg	
<b>thiamin</b>	0.65	mg	
<b>riboflavin</b>	0.19	mg	
<b>niacin, preformed</b>	0.5	mg	1156
<b>niacin equivalents, total</b>	4.2	mg	
<b>niacin equivalents from tryptophan</b>	3.7	mg	
<b>vitamin B-6, total</b>	0.4	mg	
<b>vitamin B-12</b>	0	µg	
<b>vitamin C</b>	0	mg	1156
<b>folate, total</b>	130	µg	
<b>ash</b>	3.7	g	1156
<b>sodium</b>	10	mg	1156
<b>potassium</b>	1530	mg	1156
<b>calcium</b>	110	mg	1156
<b>phosphorus</b>	370	mg	1156
<b>magnesium</b>	160	mg	1156
<b>iron, total</b>	6.7	mg	1156
<b>zinc</b>	2.4	mg	1235

## Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

## References

Id	Reference
1156	INSALAB_URMR/URQ/UID_Estudo vegetarianos_2021
1235	INSALAB_URMR/URQ/UID_Estudo vegetarianos_2221
1262	INSALAB_URMR/URQ/UID_Estudo vegetarianos_2234