



SMALL RED BEANS

NUTRIENTS (per 100 grams)

AVERAGE REA RANGE AVERAGE REA RANGE
For person 1 - 51+year For person 1 - 51+year

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	0,0%
Calcium (mg)	1050	14,29%
Phosphorous (mg)	975	46,15%
Magnesium (mg)	250	80,00%