

Source: USDA National Nutrient Database for Standard Reference 27 Software v.2.0b

Basic Report

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Nutrient data for: 11043,Mung beans, mature seeds, sprouted, raw

<u>Nutrient</u>	<u>0.25"cup"</u> <u>26.0g</u>	<u>Unit</u>	<u>1Value</u> <u>per100g</u>	<u>1.0"package</u> <u>(12 oz)"340.0g</u>
Proximates				
Water	23.5	g	90.4	307.36
Energy	8	kcal	30	102
Protein	0.79	g	3.04	10.34
Total lipid (fat)	0.05	g	0.18	0.61
Carbohydrate, by difference	1.54	g	5.94	20.2
Fiber, total dietary	0.5	g	1.8	6.1
Sugars, total	1.07	g	4.13	14.04
Minerals				
Calcium, Ca	3	mg	13	44
Iron, Fe	0.24	mg	0.91	3.09
Magnesium, Mg	5	mg	21	71
Phosphorus, P	14	mg	54	184
Potassium, K	39	mg	149	507
Sodium, Na	2	mg	6	20
Zinc, Zn	0.11	mg	0.41	1.39
Vitamins				
Vitamin C, total ascorbic acid	3.4	mg	13.2	44.9
Thiamin	0.022	mg	0.084	0.286
Riboflavin	0.032	mg	0.124	0.422
Niacin	0.195	mg	0.749	2.547
Vitamin B-6	0.023	mg	0.088	0.299
Folate, DFE	16	Âµg	61	207
Vitamin B-12	0	Âµg	0	0
Vitamin A, RAE	0	Âµg	1	3
Vitamin A, IU	5	IU	21	71
Vitamin E (alpha-tocopherol)	0.03	mg	0.1	0.34
Vitamin D (D2 + D3)	0	Âµg	0	0
Vitamin D	0	IU	0	0
Vitamin K (phylloquinone)	8.6	Âµg	33	112.2
Lipids				
Fatty acids, total saturated	0.012	g	0.046	0.156
Fatty acids, total monounsaturated	0.006	g	0.022	0.075
Fatty acids, total polyunsaturated	0.015	g	0.058	0.197
Cholesterol	0	mg	0	0
Other				
Caffeine	0	mg	0	0