

# Beans: Nutritional Information

(per 1 cup serving of cooked product)

Bean Variety	Calories	Protein	Fat	Carbs	Fiber	Calcium	Iron	Potassium
Fava Beans ( <i>Broad beans</i> )	187 cal	12.92 g	0.68 g	33.40 g	9.2 g	61 mg	2.55 mg	456 mg
Lima Beans, canned	176 cal	10.10 g	0.72 g	33.06 g	13 g	70 mg	4.00 mg	706 mg
Mung Beans, canned	15 cal	1.75 g	0.07 g	2.67 g	0.16 g	18 mg	0.54 mg	34 mg
Navy Beans	258 cal	15.8 g	0.10 g	47.88 g	10 g	128 mg	4.5 mg	670 mg
Pinto Beans	235 cal	15.8 g	0.10 g	44 g	7 g	81 mg	4.5 mg	495 mg
Shellie Beans	74 cal	4.31 g	0.47 g	15.17 g	8.3 g	71 mg	2.43 mg	267 mg
Green Beans, Snap	36 cal	2 g	0.24 g	8.40 g	3.6 g	58 mg	2.16 mg	220 mg
Lima Beans	209 cal	11.58 g	0.54 g	40.19 g	9.0 g	54 mg	4.17 mg	969 mg
Adzuki Beans	294 cal	17.30 g	0.23 g	56.97 g	16.8 g	64 mg	4.60 mg	1,224 mg
Black Beans	227 cal	15.24 g	0.93 g	40.78 g	15.0 g	46 mg	3.61 mg	611 mg
Cranberry Beans	241 cal	16.53 g	0.81 g	43.29 g	17.7 g	88 mg	3.70 mg	685 mg
Great Northern Beans	209 cal	14.74 g	0.80 g	37.33 g	12.4 g	120 mg	3.77 mg	692 mg
Kidney Beans ( <i>all varieties</i> )	225 cal	15.35 g	0.89 g	40.36 g	11.3 g	50 mg	5.20 mg	713 mg
Pink Beans	252 cal	15.31 g	0.83 g	47.17 g	9.0 g	88 mg	3.89 mg	859 mg
Chick Peas ( <i>Garbanzo Beans</i> )	269 cal	14.53 g	4.25 g	44.97 g	12.5 g	80 mg	4.74 mg	477 mg

Source: <http://www.dietbites.com/Diet-2/beans-calories-nutrition-info.html>

