

Legumes

Diet ingredient	Green beans, raw	Peas, green, raw	Soybeans, raw	Alfalfa sprouts, raw
Moisture (%)*,**	90.3	78.9	67.5	92.8
Gross Energy (kcal/kg)	3186	3832	4523	3203
Crude Protein (%)	18.7	25.6	39.8	55.6
Crude fat (%)	1.2	1.9	20.9	9.6
Ash (%)	6.8	4.1	5.2	5.6
Total Carbohydrate (%)	73.3	68.4	34.0	29.2
Crude Fiber (%)	34.9	24.1	12.9	26.5
Sugars (%)	14.4	26.8	***	2.5
Starch (%)				
Ca (mg/kg)	3811	1183	6062	4457
P (mg/kg)	3914	5109	5969	9749
Fe (mg/kg)	107.1	69.5	109.2	133.7
Cu (mg/kg)	7.1	8.3	3.9	21.9
Mn (mg/kg)	22.0	19.4	16.8	26.2
Zn (mg/kg)	24.7	58.7	30.5	128.1
Se (mg/kg)	0.1	0.1	0.0	0.1
Mg (mg/kg)	2569	1561	2000	3760
Na (mg/kg)	617	237	462	836
K (mg/kg)	21480	11542	19077	11003
Vit C (mg/kg)	1776.7	1892.1	65.4	1142.1
Thiamin (mg/kg)	8.6	12.6	13.4	10.6
Riboflavin (mg/kg)	10.8	6.2	5.4	17.5
Niacin (mg/kg)	77.3	98.9	50.8	67.0
Pantothenic acid (mg/kg)	9.7	4.9	4.5	78.4
Pyridoxine (mg/kg)	7.6	8.0	2.0	4.7
Folate (mg/kg)	3.8	3.1	5.1	5.0
Oxalate (mg/kg)		2365		
Choline (mg/kg)	1572	1343	1263	2006
Vit B12 (ug/kg)	0.0	0.0	0.0	0.0
Retinol (ug/kg)	0.0	0.0	0.0	0.0
β carotene (mg/kg)	39.0	21.2	0.1	12.1
Vit E (mg/kg)	42.2	6.1	9.3	2.8
Vit K (mg/kg)	1.5	1.2	0.5	4.2

1 c = 110 g;

Conversions for measuring 10 beans = 55 g 1 c = 145 g 1 c = 256 g 1 c = 33 g
(c=cup; L= large; S= small)

*All nutrients, except moisture, are presented on a Dry Matter Basis for accurate comparison

**Data gathered from USDA Nutrient Data Laboratory (<http://www.nal.usda.gov/fnic/foodcomp/search/>)

***Blank entries reflect lack of data

Updated 12/08