

Nutritional Values of Beans

Type	Calories	Protein	Carbs	Fiber	Sugars	Calcium	Iron	Potassium	Niacin	Folate
Anasazi	600	40 g	108 g	36 g	8 g		10.8 mg			
Black	662	42 g	121 g	29 g	4 g	239 mg	9.7 mg	2877 mg	3.8 mg	861 mcg
Fava	512	39 g	87 g	37.5 g	8.55 g	154 mg	10 mg	1593 mg	4.2 mg	634 mcg
Great Northern	620	40 g	114 g	37 g	4 g	320 mg	10 mg	2538 mg	3.6 mg	882 mcg
Kidney	613	43 g	110 g	46 g	4 g	263 mg	15 mg	2587 mg	3.8 mg	725 mcg
Mung	718	49 g	129 g	33.7 g	13.66 g	273 mg	13.95 mg	2579 mg	4.7 mg	1294 mcg
Navy	701	46 g	126 g	51 g	8 g	306 mg	11 mg	2465 mg	4.5 mg	757 mcg
Pink	720	44 g	135 g	27 g	4.5 g	273 mg	14 mg	3074 mg	4.5 mg	757 mcg
Pinto	670	41 g	120 g	30 g	4 g	218 mg	10 mg	2688 mg	2.3 mg	1013 mcg
White	673	47 g	122 g	30 g	4.26 g	485 mg	21 mg	3626 mg	1 mg	784 mcg

values per cup

Data from USDA National Nutrient Database