

Brazilian Black Bean Traditional
(*phaseolus vulgaris*)

Nutritional information

Black bean

Amount per 100 grams

- Calories 339mg
- Total Fat 0.9 g
- Saturated Fats 0.2 g
- Polyunsaturated Fats 0.4 g
- Monounsaturated Fat 0.1 g
- Cholesterol 0 mg
- Sodium 9 mg
- Potassium 1,500 mg
- Carbohydrates 63 g
- Fiber Feed 16 g
- Sugar 2.1 g
- Proteins 21 g
- Vitamin A 17 IU
- Calcium 160 mg
- Vitamin D 0 IU
- Vitamin B12 0 µg
- Vitamin C 0 mg
- Iron 8.7 mg
- Vitamin B6 0.3 mg
- Magnesium 160 mg