



BROADBEANS NUTRITION FACTS



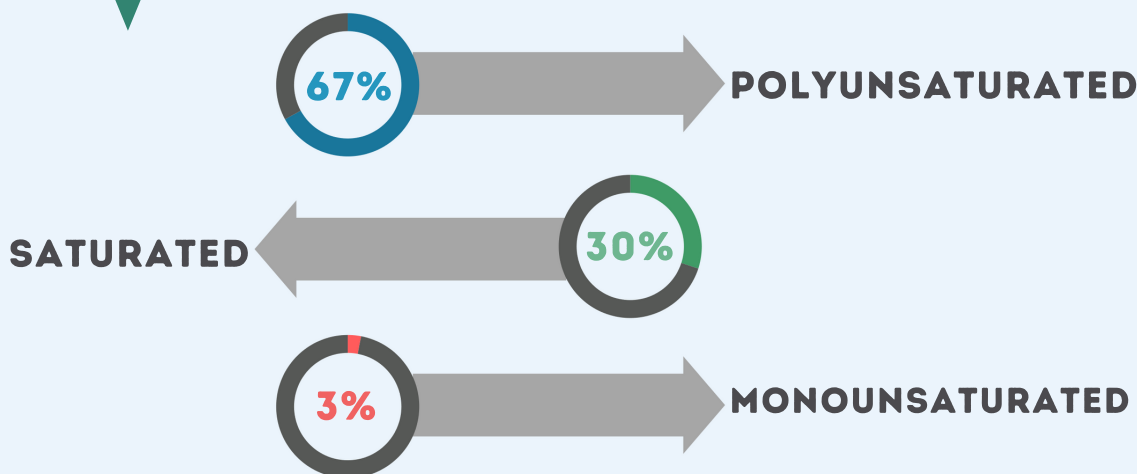
CALORIES 72/100GM

	AMOUNT
CARBOHYDRATE	11.70 G
FAT	0.60 G
PROTEIN	5.6 G
CHOLESTEROL	0.00
FIBER	4.2 G
RIBOFLAVIN	0.11 MG
SODIUM, NA	50 MG
THIAMIN	0.17 MG

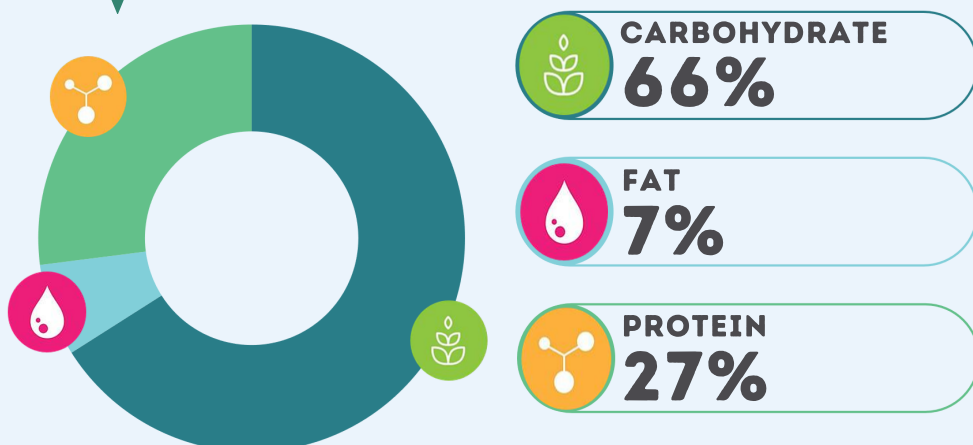
	AMOUNT
NIACIN	1.5 MG
VITAMIN A	18 MCG
VITAMIN B12	0.00
VITAMIN B6	0.038 MG
VITAMIN C	33 MG
VITAMIN D	0.00
FOLATE	96 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



BROADBEANS OTHER NAMES

- VICIA FABA
- FAVA BEAN
- FABA BEAN
- PIGEON BEAN
- BELL BEAN
- ENGLISH BEAN
- HORSE BEAN

MINERALS IN BROADBEANS

22 MG CALCIUM, CA 2 % (DV)

0.074 MG COPPER, CU 8 % (DV)

1.90 MG IRON, FE 11 % (DV)

38 MG MAGNESIUM, MG 10 % (DV)

1.2 MCG SELENIUM, SE 2 % (DV)

95 MG PHOSPHORUS, P 14 % (DV)

250 MG POTASSIUM, K 5 % (DV)

0.58 MG ZINC, ZN 5 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.