

# CLUSTER BEANS NUTRITION FACTS



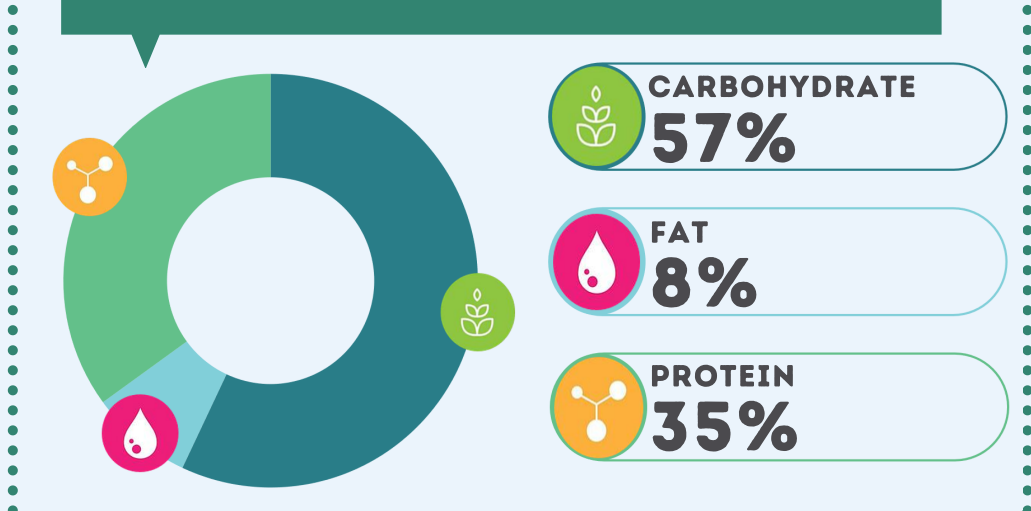
## CALORIES 35/100GM

	AMOUNT
CARBOHYDRATE	5.00 G
FAT	0.40 G
PROTEIN	3.00 G
CHOLESTEROL	0.00
FIBER	4 G
RIBOFLAVIN	0.03 MG
SODIUM, NA	11.3 MG
THIAMIN	0.00

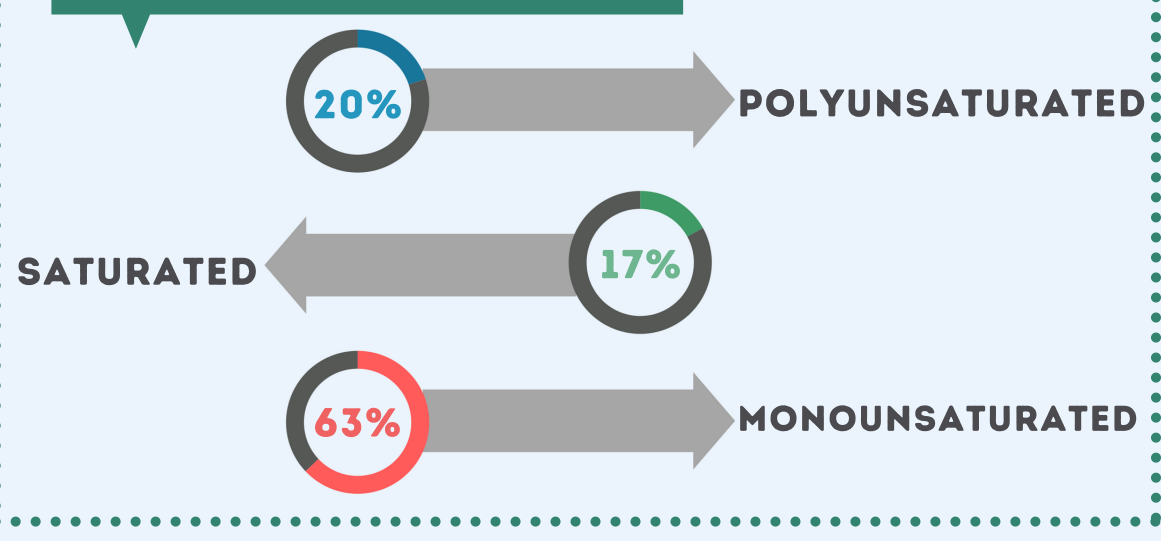
	AMOUNT
NIACIN	1 MG
VITAMIN A	192 MCG
VITAMIN B12	0.00
VITAMIN B6	0.144 MG
VITAMIN C	49 MG
VITAMIN D	0.00
FOLATE	144 MCG



### CALORIES BY SOURCE



### FATS AND FATTY ACIDS



### CLUSTER BEANS OTHER NAMES

- CYAMOPSIS TETRAGONOLOBA
- GUAR GUM
- GAVAR
- LOCUST BEAN
- GUVAR BEAN

### MINERALS IN CLUSTER BEANS

134 MG	CALCIUM, CA	10 % (DV)
0.13 MG	COPPER, CU	4 % (DV)
1.08 MG	IRON, FE	5 % (DV)
47 MG	MAGNESIUM, MG	6 % (DV)
0.9 MCG	SELENIUM, SE	2 % (DV)
57 MG	PHOSPHORUS, P	7 % (DV)
310 MG	POTASSIUM, K	7 % (DV)
0.90 MG	ZINC, ZN	6 % (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.