

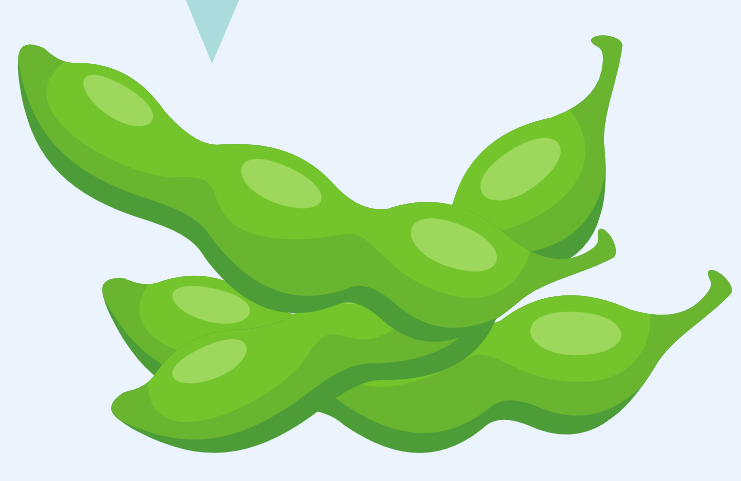


# HYACINTH BEAN NUTRITION FACTS

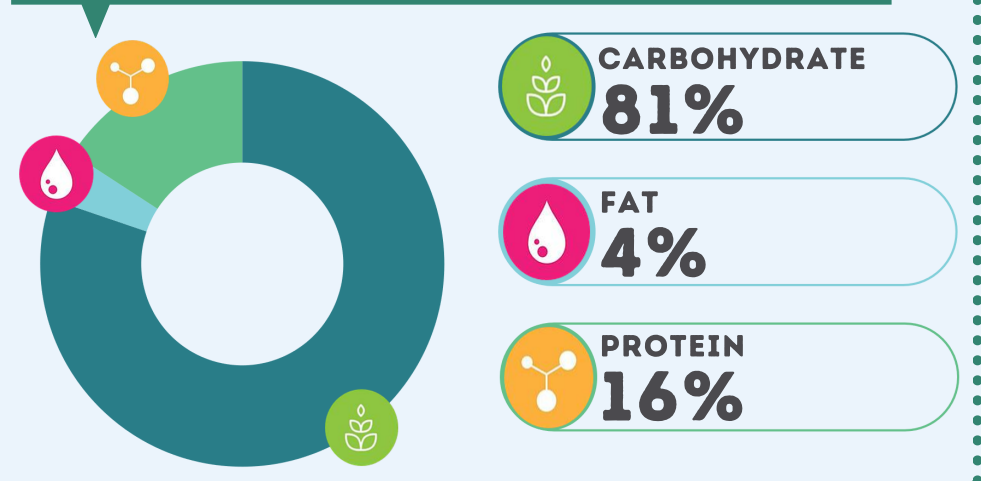


## CALORIES 46/100GM

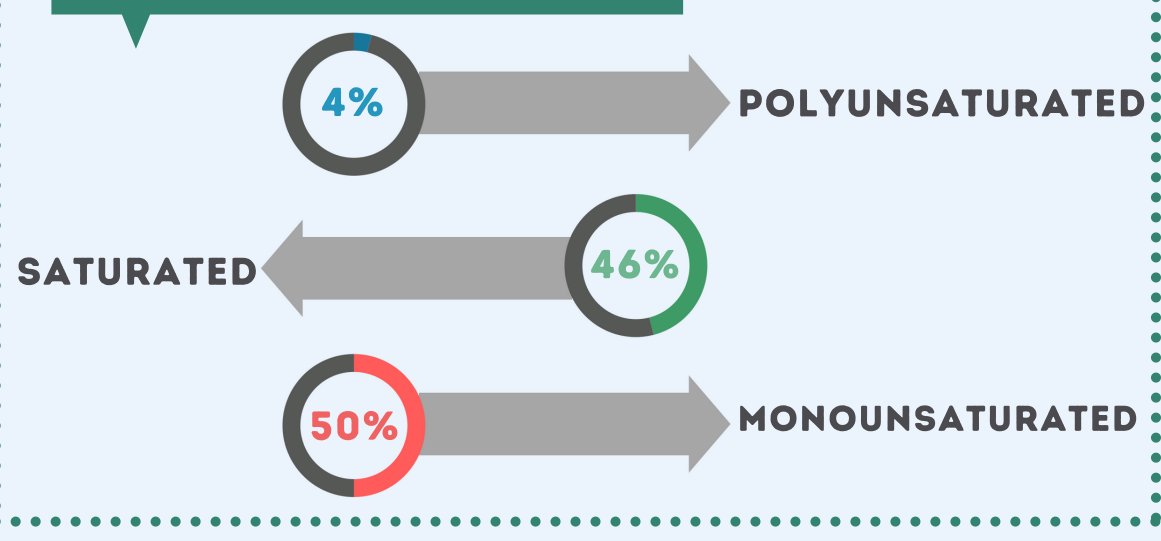
	AMOUNT		AMOUNT
CARBOHYDRATE	9.19 G	NIACIN	0.520 MG
FAT	0.20 G	VITAMIN A	43 MCG
PROTEIN	2.10 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.024 MG
FIBER	3.3 G	VITAMIN C	12.9 MG
RIBOFLAVIN	0.092 MG	VITAMIN D	0.00
SODIUM, NA	2 MG	FOLATE	62 MCG
THIAMIN	0.077 MG		



### CALORIES BY SOURCE



### FATS AND FATTY ACIDS



### HYACINTH BEAN OTHER NAMES

- LABLAB PURPUREUS
- LABLAB-BEAN
- BONAVIST BEAN
- BONAVIST BEAN
- DOLICHOS BEAN
- SEIM BEAN
- EGYPTIAN KIDNEY BEAN
- AUSTRALIAN PEA
- BATAW
- INDIAN BEAN

### MINERALS IN HYACINTH BEAN

50 MG	CALCIUM, CA	4 % (DV)
0.047 MG	COPPER, CU	5 % (DV)
0.74 MG	IRON, FE	4 % (DV)
40 MG	MAGNESIUM, MG	10 % (DV)
1.5 MCG	SELENIUM, SE	3 % (DV)
49 MG	PHOSPHORUS, P	7 % (DV)
252 MG	POTASSIUM, K	5 % (DV)
0.37 MG	ZINC, ZN	3 % (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.