



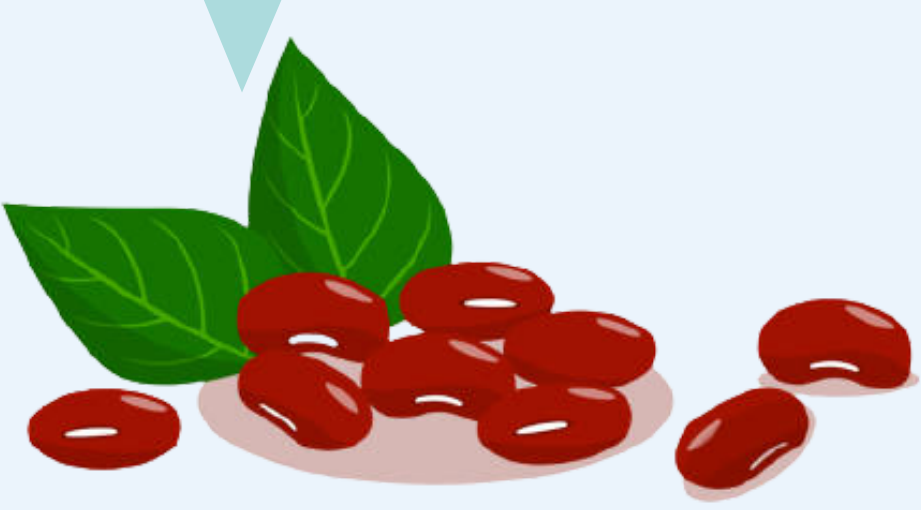
ADZUKI BEAN NUTRITION FACTS



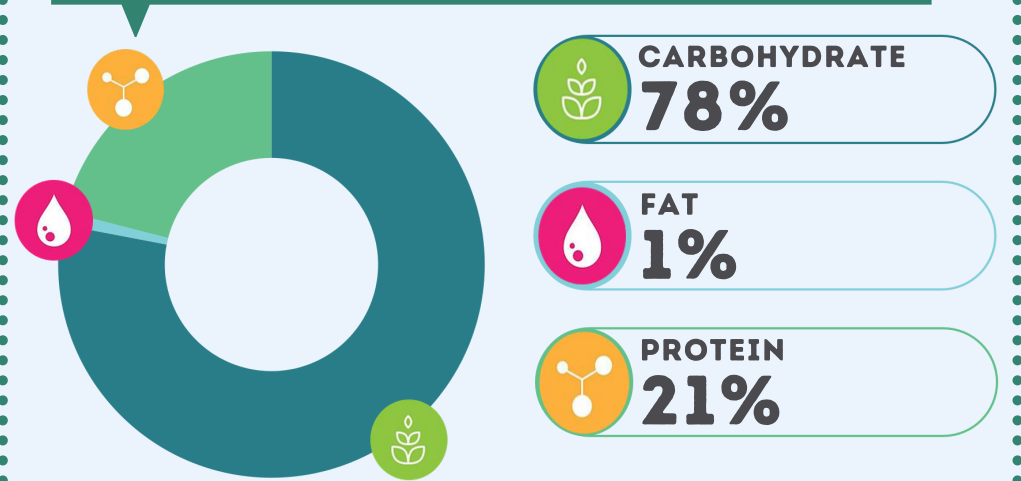
CALORIES 329/100GM

	AMOUNT
CARBOHYDRATE	62.90 G
FAT	19.87 G
PROTEIN	2.2 G
CHOLESTEROL	0.00
FIBER	12.7 G
RIBOFLAVIN	0.220 MG
SODIUM, NA	5 MG
THIAMIN	0.455 MG

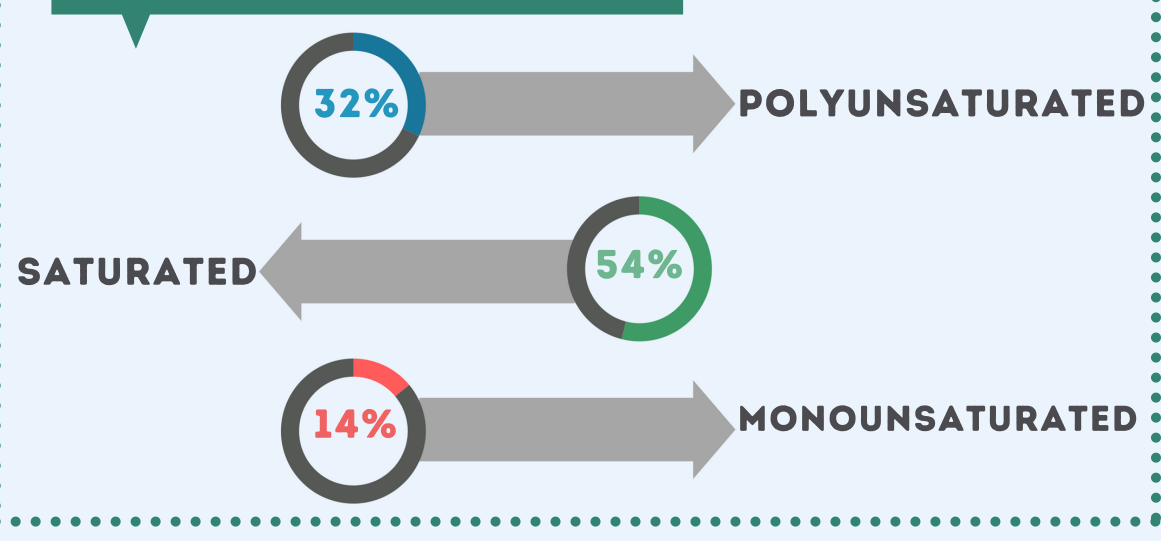
	AMOUNT
NIACIN	2.630 MG
VITAMIN A	1 MCG
VITAMIN B12	0.00
VITAMIN B6	0.351 MG
VITAMIN C	0 MG
VITAMIN D	0.00
FOLATE	622 MCG



CALORIES BY SOURCE



FATS AND FATTY ACIDS



ADZUKI BEAN OTHER NAMES

- VIGNA ANGULARIS
- AZUKI BEAN
- LAL CHAVALI
- RED COWPEA
- CHORI
- RED MUNG BEAN
- RED BEAN

MINERALS IN ADZUKI BEAN

66 MG	CALCIUM, CA	5 % (DV)
1.094 MG	COPPER, CU	122 % (DV)
4.98 MG	IRON, FE	28 % (DV)
127 MG	MAGNESIUM, MG	32 % (DV)
3.1 MCG	SELENIUM, SE	6 % (DV)
381 MG	PHOSPHORUS, P	54 % (DV)
1254 MG	POTASSIUM, K	27 % (DV)
5.04 MG	ZINC, ZN	46 % (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.