
















# Bean Comparison Chart

All beans boiled, unsalted, ½ cup portion unless otherwise noted

	Calories	Protein g	Total Fat g	Sat Fat g	Total Carbs g	Fiber g	Ca mg	Iron mg	Mg mg	Potassium mg	Folate mcg	Vit K mcg	Riboflavin mg
 <b>Soybeans green (Edamame)</b>	127	11	6	0.5	10	4	130	2	54	485	100	0	0.1
 <b>Soybeans mature, yellow</b>	149	14	8	1	8.5	5	88	4.5	74	443	46	16.5	0.2
 <b>Soybeans mature, dry roasted ¼ cup</b>	194	17	9	1	14	3.5	60	1.5	98	586	88	16	0.3
 <b>Garbanzo beans</b>	134	7	2	0.2	22.5	6	40	2	39	239	141	3	0.05
 <b>Black beans</b>	114	8	0.5	0.1	20	7.5	23	2	60	305	128	0	0.05
 <b>Baked beans canned, plain or vegetarian</b>	119	6	0.5	0.1	27	5	43	1.5	34	284	15	1	0.05
 <b>Adzuki beans</b>	147	8.5	0.1	0	28.5	8.5	32	2	60	612	139	0	0.07
 <b>Cranberry beans</b>	120	8	0.4	0.1	21.5	9	44	2	44	342	183	0	0.06
 <b>Great northern beans</b>	104	7	0.4	0.1	18.5	6	60	2	44	346	90	0	0.05
 <b>Red kidney beans</b>	112	7.5	0.4	0	20	6.5	25	2.5	40	357	115	7	0.05
 <b>Navy beans</b>	127	7.5	0.5	0	23.5	9.5	63	2	48	354	127	0.5	0.06
 <b>Pinto beans</b>	122	7.5	0.5	0.1	22.5	7.5	39	2	43	373	147	3	0.05
 <b>White beans</b>	124	8.5	0.3	0.1	22.5	5.5	81	3	56	502	72	3	0.04
 <b>Lima beans</b>	108	7	0.3	0.1	19.5	6.5	16	2	40	478	78	2	0.05
 <b>Mung beans</b>	106	7	0.4	0.1	19	7.5	27	1.5	48	269	161	2.5	0.06