



beans, kidney

Total Nutrients Score **224**

Rating: Very good

Caloric Breakdown

Carbohydrates	73%
Proteins	25%
Fats	2%
Alcohol	0%

Kidney beans offer inexpensive proteins as well as fiber, most minerals, folate and thiamin. In addition to the protein, carbohydrates provided by kidney beans are the 'good' type. Even with the high carbohydrate content there are virtually no sugars.

Food Scores

Vitamin Score 54 Protein Score 63
 Mineral Score 75 Fiber Score 25%
 Unhealthy Score 2
 Net Food Score 222

Financial Cost

At \$0.89 per pound, cost of all displayed nutrients is \$0.06
 Net nutrition per dollar is 3770
 100% of purchased food is edible.
 Cost per edible pound is \$0.89

1.1 ounces provides 100 food calories
12% of this food's weight is water

Vitamins

Vitamin A	0%
Thiamin (B-1)	8%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	2%
Vitamin B-6	5%
Folate	30%
Vitamin B-12	0%
Vitamin C	2%
Vitamin D	
Vitamin E	0%
Vitamin K	2%

Minerals

Calcium	3%
Copper	14%
Iron	14%
Magnesium	8%
Manganese	12%
Phosphorus	6%
Potassium	11%
Selenium	1%
Sodium	0%
Zinc	6%

Proteins **7%**

Histidine*	6%
Isoleucine*	7%
Leucine*	6%
Lysine*	5%
Methionine*	4%
Cystine	2%
Phenylalanine*	7%
Tyrosine	2%
Threonine*	6%
Tryptophan*	7%
Valine*	7%

Carbohydrates **7%**

Fiber	25%
Sugars, total	1%
Fats 0%	
Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	3%
Omega-6 fats	1%

Other Components

Alpha-carotene	0%
Beta-carotene	0%
Betaine	
Fluorine	
Lycopene	0%
ORAC	
Phytosterols	8%
Retinol	0%

USDA Food Number 16027 Food Group Code 1600

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