

Red Kidney Beans – canned drained	
Nutrient	Value per 100 g
Proximates	
Energy, including dietary fibre	426 kJ
Moisture	68.6 g
Protein	6.6 g
Nitrogen	1.06 g
Fat	0.6 g
Ash	1.5 g
Dietary fibre	6.5 g
Fructose	0.1 g
Glucose	0.4 g
Sucrose	1.7 g
Maltose	0.2 g
Total sugars	2.4 g
Starch	10.8 g
Minerals	
Arsenic (As)	0.9 ug
Calcium (Ca)	36 mg
Copper (Cu)	0.164 mg
Fluoride (F)	35 ug
Iron (Fe)	2.1 mg
Lead (Pb)	0.2 ug
Magnesium (Mg)	30 mg
Manganese (Mn)	0.3 mg
Phosphorus (P)	100 mg
Potassium (K)	270 mg
Selenium (Se)	1.9 ug
Sodium (Na)	320 mg
Sulphur (S)	28 mg
Tin (Sn)	22.7 ug
Zinc (Zn)	0.59 mg

Vitamins	
Thiamin (B1)	0.1 mg
Riboflavin (B2)	0.06 mg
Niacin (B3)	0.6 mg
Niacin Equivalents	1.96 mg
Pantothenic acid (B5)	0.06 mg
Pyridoxine (B6)	0.1 mg
Biotin (B7)	2 ug
Folate, natural	40 ug
Total folates	40 ug
Dietary folate equivalents	40 ug
Vitamin C	0 mg
Alpha tocopherol	0 mg
Gamma tocopherol	1.3 mg
Vitamin E	0.13 mg
Fatty Acids	
Total saturated fatty acids (%)	18.79 %T
Total monounsaturated fatty acids (%)	10.15 %T
Total polyunsaturated fatty acids (%)	71 %T
Total saturated fatty acids (g)	0.1 g
Total monounsaturated fatty acids (g)	0.05 g
Total polyunsaturated fatty acids (g)	0.3 g
Total long chain omega 3 fatty acids (mg)	0 mg
Cholesterol	0 mg

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Chickpeas – canned drained	
Nutrient	Value per 100 g
Proximates	
Energy, including dietary fibre	449 kJ
Moisture	67.6 g
Protein	6.3 g
Nitrogen	1.01 g
Fat	2.1 g
Ash	1 g
Dietary fibre	4.7 g
Fructose	0 g
Glucose	0 g
Sucrose	0.6 g
Maltose	0 g
Lactose	0 g
Total sugars	0.6 g
Starch	12.5 g
Minerals	
Calcium (Ca)	45 mg
Copper (Cu)	0.31 mg
Fluoride (F)	54 ug
Iron (Fe)	1.8 mg
Magnesium (Mg)	27 mg
Manganese (Mn)	0.76 mg
Phosphorus (P)	86 mg
Potassium (K)	140 mg
Selenium (Se)	6 ug
Sodium (Na)	250 mg
Sulphur (S)	42 mg
Zinc (Zn)	1 mg

Vitamins	
Thiamin (B1)	0 mg
Riboflavin (B2)	0 mg
Niacin (B3)	0.5 mg
Niacin Equivalents	1.55 mg
Pantothenic acid (B5)	0.07 mg
Pyridoxine (B6)	0.14 mg
Biotin (B7)	2.4 ug
Folate, natural	63 ug
Total folates	63 ug
Dietary folate equivalents	63 ug
Alpha carotene	0 ug
Beta carotene	23 ug
Cryptoxanthin	0 ug
Beta carotene equivalents	23 ug
Retinol	0 ug
Retinol equivalents	4 ug
Vitamin C	0 mg
Alpha tocopherol	1.4 mg
Gamma tocopherol	4.7 mg
Vitamin E	1.87 mg
Fatty Acids	
Total saturated fatty acids (%)	12.75 %T
Total monounsaturated fatty acids (%)	29.03 %T
Total polyunsaturated fatty acids (%)	57.6 %T
Total saturated fatty acids (g)	0.2 g
Total monounsaturated fatty acids (g)	0.49 g
Total polyunsaturated fatty acids (g)	1 g
Cholesterol	0 mg

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Lentils – dried, boiled, drained	
Nutrient	Value per 100 g
Proximates	
Energy, including dietary fibre	323 kJ
Moisture	73.8 g
Protein	6.8 g
Nitrogen	1.08 g
Fat	0.4 g
Ash	0.7 g
Dietary fibre	3.7 g
Fructose	0 g
Glucose	0 g
Sucrose	0.5 g
Maltose	0 g
Lactose	0 g
Total sugars	0.5 g
Starch	9 g
Minerals	
Calcium (Ca)	17 mg
Copper (Cu)	0.28 mg
Fluoride (F)	62 ug
Iron (Fe)	2 mg
Magnesium (Mg)	25 mg
Manganese (Mn)	0.33 mg
Phosphorus (P)	91 mg
Potassium (K)	220 mg
Selenium (Se)	6 ug
Sodium (Na)	8 mg
Sulphur (S)	45 mg
Zinc (Zn)	0.9 mg

Vitamins	
Thiamin (B1)	0.08 mg
Riboflavin (B2)	0.06 mg
Niacin (B3)	0.7 mg
Niacin Equivalents	1.53 mg
Pantothenic acid (B5)	0.25 mg
Pyridoxine (B6)	0.15 mg
Biotin (B7)	7.1 ug
Folate, natural	20 ug
Total folates	20 ug
Dietary folate equivalents	20 ug
Alpha carotene	0 ug
Beta carotene	5 ug
Cryptoxanthin	0 ug
Beta carotene equivalents	5 ug
Retinol	0 ug
Retinol equivalents	1 ug
Vitamin C	0 mg
Alpha tocopherol	0 mg
Gamma tocopherol	1.4 mg
Vitamin E	0.14 mg
Fatty Acids	
Total saturated fatty acids (%)	17.7 %T
Total monounsaturated fatty acids (%)	21.4 %T
Total polyunsaturated fatty acids (%)	60.9 %T
Total saturated fatty acids (g)	0.1 g
Total monounsaturated fatty acids (g)	0.07 g
Total polyunsaturated fatty acids (g)	0.2 g
Cholesterol	0 mg

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Butter beans(Lima) – dried, boiled, drained	
Nutrient	Value per 100 g
Proximates	
Energy, including dietary fibre	338 kJ
Moisture	73.7 g
Protein	6.4 g
Nitrogen	1.02 g
Fat	0.3 g
Ash	0.8 g
Dietary fibre	5.3 g
Fructose	0 g
Glucose	0 g
Sucrose	0.6 g
Maltose	0 g
Lactose	0 g
Total sugars	0.6 g
Starch	9.6 g
Minerals	
Calcium (Ca)	16 mg
Copper (Cu)	0.25 mg
Fluoride (F)	68 ug
Iron (Fe)	1.3 mg
Magnesium (Mg)	35 mg
Manganese (Mn)	0.39 mg
Phosphorus (P)	76 mg
Potassium (K)	350 mg
Selenium (Se)	1 ug
Sodium (Na)	7 mg
Sulphur (S)	26 mg
Zinc (Zn)	0.7 mg

Vitamins	
Thiamin (B1)	0.06 mg
Riboflavin (B2)	0 mg
Niacin (B3)	0.5 mg
Niacin Equivalents	1.64 mg
Pantothenic acid (B5)	0.18 mg
Pyridoxine (B6)	0.2 mg
Biotin (B7)	1 ug
Folate, natural	83 ug
Total folates	83 ug
Dietary folate equivalents	83 ug
Gamma tocopherol	2.3 mg
Vitamin E	0.23 mg
Fatty Acids	
Total saturated fatty acids (%)	28.57 %T
Total monounsaturated fatty acids (%)	11.22 %T
Total polyunsaturated fatty acids (%)	57.8 %T
Total long chain omega 3 fatty acids (%)	0 %T
Total saturated fatty acids (g)	0.1 g
Total monounsaturated fatty acids (g)	0.03 g
Total polyunsaturated fatty acids (g)	0.1 g
Total long chain omega 3 fatty acids (mg)	0 mg
Cholesterol	0 mg

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Lupin flour	
Nutrient	Value per 100 g
Proximates	
Energy, including dietary fibre	119 kJ
Moisture	71.1 g
Protein	15.6 g
Fat	2.9 g
Dietary fibre	2.8 g
Total sugars	9.9 g
Minerals	
Calcium (Ca)	51 mg
Iron (Fe)	1.2 mg
Magnesium (Mg)	54 mg
Phosphorus (P)	128 mg
Potassium (K)	245 mg
Sodium (Na)	4 mg
Zinc (Zn)	1.4 mg
Vitamins	
Thiamin (B1)	0.13 mg
Riboflavin (B2)	0.05 mg
Niacin (B3)	0.5 mg
Pyridoxine (B6)	0.009 mg
Folate, natural	59 ug
Vitamin C	1.1 mg
Fatty Acids	
Total saturated fatty acids (g)	0.35 g
Total monounsaturated fatty acids (g)	1.2 g
Total polyunsaturated fatty acids (g)	0.7 g
Total long chain omega 3 fatty acids (mg)	0 mg
Cholesterol	0 mg

<https://ndb.nal.usda.gov/ndb/foods/show/4815?fgcd=&manu=&lface=t=&format=&count=&max=35&offset=&sort=&qlookup=Lupins>