

Nutrient Composition of Legumes

Per 100g as commonly consumed



Food Name	Energy (kJ)	Protein (g)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Dietary Fibre (g)	Folate (ug)	Calcium (mg)	Iron (mg)	Magnesium (mg)	Potassium (mg)	Zinc (mg)
Legumes and legume foods												
Baked beans, canned, reduced salt	354	4.9	0.3	0.0	11.3	4.8	50	39	1.0	27	240	0.5
Bean mix, canned	410	6.4	0.4	0.1	13.8	6.2	67	43	2.0	30	220	0.8
Butter (Lima), dried, boiled	355	6.4	0.3	0.1	10.2	5.3	83	16	1.3	35	350	0.7
Cannellini beans, canned	387	6.2	0.6	0.2	12.2	6.4	81	46	1.6	30	260	0.6
Chickpea, canned	474	6.3	2.1	0.2	13.3	5.7	63	45	1.8	27	140	1.0
Hummus dip	1014	9.3	17.0	3.4	9.0	8.7	n/a	45	2.5	5	0.3	0.3
Lentil, dried, boiled	385	7.3	0.5	0.1	11.9	4.1	14	15	1.6	21	144	0.4
Lupin flakes, dehulled, uncooked	1354	40.4	7.7	1.1	10.0	27.0	350	81	4.0	188	715	3.5
Lupin splits, dehulled, uncooked	1380	41	7.9	1.1	10.0	27.8	350	84	4.3	189	730	3.6
Red kidney beans, canned	441	6.6	0.6	0.2	14.0	6.5	40	36	2.1	30	270	0.6
Soy beans, dried, boiled	597	13.5	7.7	1.2	1.4	7.2	54	76	2.2	71	420	1.6
Soy milk, fortified, reduced fat	193	3.1	0.9	0.2	5.9	0.6	0	118	0.5	13	195	0.1
Split peas, dried, boiled	364	6.6	0.4	0.1	9.1	8.3	65	13	1.0	23	140	0.6
Tofu	502	12	7.3	1.0	0.0	3.5	30	320	2.9	78	130	1.7

Data sourced from Food Standards Australia New Zealand (2019). Australian Food Composition Database - Release 1. Canberra: FSANZ. Available [here](#).

This information has been prepared by Grains & Legumes Nutrition Council™ (GLNC) for educational purposes only. GLNC is the independent authority on the nutrition and health benefits of grain and legume foods.