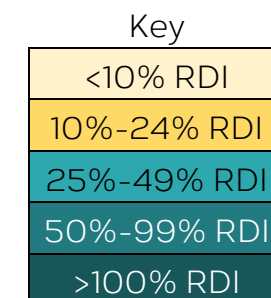


# Nutrient Composition of Legumes

Proportion Contribution to the Recommended Dietary Intakes (RDI)

Per 100g dry weight	Nutrients											
	Dietary fibre (g)*	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Folate (ug)	Calcium (mg)	Iodine (ug)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Zinc (mg)	Selenium (ug)
Broad Bean	50%	50%	10%	10%	50%	10%	10%	50%	50%	50%	10%	10%
Haricot Bean	50%	50%	10%	10%	50%	10%	10%	50%	50%	50%	10%	10%
Lima Bean	50%	50%	10%	10%	50%	10%	10%	50%	50%	50%	10%	10%
Mung Bean	10%	10%	10%	10%	50%	10%	10%	50%	50%	10%	10%	50%
Red Kidney Bean	50%	50%	10%	50%	50%	10%	10%	50%	50%	50%	10%	10%
Chickpea	50%	50%	10%	10%	50%	10%	10%	50%	50%	50%	10%	50%
Lentil	50%	50%	10%	10%	50%	10%	10%	50%	50%	50%	10%	10%
Lupin Splits	50%	50%	10%	10%	50%	10%	10%	50%	50%	50%	10%	10%
Lupin Flakes	50%	50%	10%	10%	50%	10%	10%	50%	50%	50%	10%	10%
Whole Lupin Bean	50%	50%	10%	10%	50%	50%	10%	50%	50%	50%	10%	10%
Split Pea	50%	50%	10%	10%	50%	10%	10%	50%	50%	50%	10%	10%
Green Pea	50%	50%	10%	10%	50%	10%	10%	50%	50%	50%	10%	10%



This table compares the nutrient composition of different legumes  
 All nutrient values obtained from FSANZ Food Composition Database (Version Jan 2022)  
 All nutrient values are for 100g of dried pulse  
 Recommended Dietary Intake targets for each nutrient are based on FSANZ-Schedule 1- RDIs and ESADDIs  
 \*Average Adequate Intake for male and female adults

For more information on Grains & Legumes refer to [www.glnc.org.au](http://www.glnc.org.au)



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