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| Essential Elements | Cooked Samples | | | | | | | | | | | | | | |
| 001 | 002 | 003 | 004 | 005 | 006 | 007 | 008 | 009 | 010 | 011 | 012 | 013 | 014 |
| Ca | 4.970 ± 0.008 | 5.260 ± 0.003 | 6.770 ± 0.001 | 5.610 ± 0.002 | 4.860 ± 0.009 | 5.98 ± 0.003 | 5.040 ± 0.008 | 3.98 ± 0.005 | 4.460 ± 0.007 | 5.040 ± 0.011 | 6.900 ± 0.002 | 6.850 ± 0.008 | 4.030 ± 0.002 | 5.190 ± 0.003 |
| Fe | 1.450 ± 0.001 | 1.730 ± 0.003 | 2.300 ± 0.001 | 1.480 ± 0.007 | 1.940 ± 0.002 | 1.030 ± 0.009 | 1.980 ± 0.007 | 1.490 ± 0.004 | 1.870 ± 0.008 | 1.170 ± 0.002 | 1.090 ± 0.003 | 2.110 ± 0.001 | 1.120 ± 0.006 | 1.610 ± 0.011 |
| K | 11.760 ± 0.004 | 17.430 ± 0.007 | 19.210 ± 0.001 | 17.090 ± 0.003 | 16.140 ± 0.004 | 18.190 ± 0.001 | 16.110 ± 0.004 | 19.320 ± 0.003 | 14.250 ± 0.005 | 17.420 ± 0.009 | 14.560 ± 0.008 | 18.930 ± 0.003 | 16.63 ± 0.004 | 19.390 ± 0.006 |
| Na | 9.070 ± 0.002 | 8.840 ± 0.009 | 6.940 ± 0.006 | 9.120 ± 0.001 | 9.520 ± 0.001 | 6.410 ± 0.004 | 5.490 ± 0.005 | 5.630 ± 0.002 | 7.570 ± 0.009 | 5.850 ± 0.004 | 7.030 ± 0.001 | 8.950 ± 0.002 | 9.720 ± 0.007 | 8.440 ± 0.004 |
| Se | 0.180 ± 0.002 | 0.480 ± 0.005 | 0.550 ± 0.001 | 0.740 ± 0.004 | 1.580 ± 0.002 | 1.440 ± 0.002 | 0.630 ± 0.004 | 0.440 ± 0.001 | 0.710 ± 0.003 | 0.590 ± 0.005 | 0.680 ± 0.001 | 0.470 ± 0.005 | 0.850 ± 0.001 | 1.210 ±0.006 |

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| Samples | Raw Essential Elements | | | | | | |
| Ca | Fe | K | Mg | Na | Zn | Se |
| 001 | 2.730 ± 0.001 | 1.670 ± 0.005 | 7.000 ± 0.063 | 2.430 ± 0.008 | 8.280 ± 0.001 | 0.617 ± 0.005 | 0.04 ± 0.002 |
| 002 | 3.540 ± 0.001 | 1.080 ± 0.002 | 7.160 ± 0.032 | 3.480 ± 0.008 | 7.240 ± 0.001 | 0.690 ± 0.015 | 0.39 ± 0.001 |
| 003 | 5.000 ± 0.012 | 1.430 ± 0.008 | 5.960 ± 0.034 | 1.000 ± 0.009 | 6.680 ± 0.003 | 0.390 ± 0.010 | 0.24 ± 0.001 |
| 004 | 4.230 ± 0.012 | 0.680 ± 0.002 | 4.800 ± 0.006 | 3.560 ± 0.035 | 8.810 ± 0.010 | 0.085 ± 0.007 | 0.55 ± 0.007 |
| 005 | 4.770 ± 0.002 | 0.360 ± 0.006 | 3.680 ± 0.002 | 3.860 ± 0.027 | 8.280 ± 0.002 | 0.077 ± 0.010 | 0.136 ±0.011 |
| 006 | 3.420 ± 0.004 | 0.023 ± 0.006 | 6.350 ± 0.016 | 3.700 ± 0.002 | 3.870 ± 0.022 | 0.346 ± 0.030 | 0.136 ± 0.001 |
| 007 | 4.320 ± 0.004 | 0.290 ± 0.010 | 3.730 ± 0.001 | 3.120 ± 0.019 | 2.240 ± 0.005 | 0.170 ± 0.018 | 0.50 ±0 0.011 |
| 008 | 2.720 ± 0.001 | 0.420 ± 0.009 | 7.750 ± 0.000 | 6.270 ± 0.019 | 4.28 ± 0.006 | 0.008 ± 0.005 | 0.610 ± 0.013 |
| 009 | 3.600 ± 0.10 | 0.610 ± 0.006 | 6.520 ± 0.012 | 2.180 ± 0.007 | 6.560 ± 0.009 | 0.630 ± 0.006 | 0.031 ± 0.007 |
| 010 brown beans | 14.450 ±0.005 | 2.459 ± 0.009 | 2.560 ±0.002 |  | 10.910 ± 0.007 |  | 0.890 ± 0.001 |