Bean Comparison Chart
All beans boiled, unsalted, ½ cup portion unless otherwise noted

Colonia				All beans boiled, unsalted, ½ cup portion unless otherwise noted												
Calories	Protein g	Total Fat g	Sat Fat g	Carbs g	Fiber g	Ca mg	lron mg	Mg mg	Potassium mg	Folate mcg	Vit K mcg	Riboflavin mg				
127	11	6	0.5	10	4	130	2	54	485	100	0	0.1				
149	14	8	1	8.5	5	88	4.5	74	443	46	16.5	0.2				
194	17	9	1	14	3.5	60	1.5	98	586	88	16	0.3				
134	7	2	0.2	22.5	6	40	2	39	239	141	3	0.05				
114	8	0.5	0.1	20	7.5	23	2	60	305	128	0	0.05				
119	6	0.5	0.1	27	5	43	1.5	34	284	15	1	0.05				
147	8.5	0.1	0	28.5	8.5	32	2	60	612	139	0	0.07				
120	8	0.4	0.1	21.5	9	44	2	44	342	183	0	0.06				
104	7	0.4	0.1	18.5	6	60	2	44	346	90	0	0.05				
112	7.5	0.4	0	20	6.5	25	2.5	40	357	115	7	0.05				
127	7.5	0.5	0	23.5	9.5	63	2	48	354	127	0.5	0.06				
122	7.5	0.5	0.1	22.5	7.5	39	2	43	373	147	3	0.05				
124	8.5	0.3	0.1	22.5	5.5	81	3	56	502	72	3	0.04				
108	7	0.3	0.1	19.5	6.5	16	2	40	478	78	2	0.05				
106	7	0.4	0.1	19	7.5	27	1.5	48	269	161	2.5	0.06				
	127 149 194 134 114 119 147 120 112 127 122 124 108	127 11 149 14 194 17 134 7 114 8 119 6 147 8.5 120 8 120 8 112 7.5 121 7.5 122 7.5 124 8.5 108 7 106 7	127 11 6 149 14 8 194 17 9 114 8 0.5 119 6 0.5 147 8.5 0.1 120 8 0.4 120 8 0.4 112 7.5 0.4 112 7.5 0.5 122 7.5 0.5 124 8.5 0.3 108 7 0.3	127	127	127 11 6 0.5 10 4 149 14 8 1 8.5 5 194 17 9 1 14 3.5 134 7 2 0.2 22.5 6 119 6 0.5 0.1 20 7.5 147 8.5 0.1 0 28.5 8.5 120 8 0.4 0.1 21.5 9 112 7.5 0.4 0 20 6.5 127 7.5 0.5 0 23.5 9.5 122 7.5 0.5 0 23.5 9.5 122 7.5 0.5 0.1 22.5 7.5 124 8.5 0.3 0.1 22.5 5.5 108 7 0.3 0.1 19.5 6.5 106 7 0.4 0.1 19 7.5	127 11 6 0.5 10 4 130 149 14 8 1 8.5 5 88 194 17 9 1 14 3.5 60 134 7 2 0.2 22.5 6 40 114 8 0.5 0.1 20 7.5 23 119 6 0.5 0.1 27 5 43 120 8 0.4 0.1 21.5 9 44 120 8 0.4 0.1 18.5 6 60 112 7.5 0.4 0 20 6.5 25 127 7.5 0.5 0 23.5 9.5 63 122 7.5 0.5 0 23.5 9.5 63 122 7.5 0.5 0 23.5 7.5 39 124 8.5 0.3 0 19.5 5.5 81 108 7 0.3 0 19.5 6.5<	127 11 6 0.5 10 4 130 2 149 14 8 1 8.5 5 88 4.5 194 17 9 1 14 3.5 60 1.5 134 7 2 0.2 22.5 6 40 2 119 6 0.5 0.1 20 7.5 23 2 147 8.5 0.1 0 28.5 8.5 32 2 120 8 0.4 0.1 21.5 9 44 2 120 8 0.4 0.1 18.5 6 60 2 112 7.5 0.4 0 20 6.5 25 2.5 127 7.5 0.5 0 23.5 9.5 63 2 122 7.5 0.5 0.1 22.5 7.5 39 2 124 8.5 0.3 0.1 22.5 5.5 81 3 108 7	127 11 6 0.5 10 4 130 2 54 149 14 8 1 8.5 5 88 4.5 74 194 17 9 1 14 3.5 60 1.5 98 134 7 2 0.2 22.5 6 40 2 39 114 8 0.5 0.1 20 7.5 23 2 60 119 6 0.5 0.1 27 5 43 1.5 34 147 8.5 0.1 0 28.5 8.5 32 2 60 120 8 0.4 0.1 21.5 9 44 2 44 121 7.5 0.4 0.1 18.5 6 60 2 44 122 7.5 0.5 0 23.5 9.5 63 2 48 122	127 11 6 0.5 10 4 130 2 54 485 149 14 8 1 8.5 5 88 4.5 74 443 194 17 9 1 14 3.5 60 1.5 98 586 134 7 2 0.2 22.5 6 40 2 39 239 114 8 0.5 0.1 20 7.5 23 2 60 305 119 6 0.5 0.1 27 5 43 1.5 34 284 147 8.5 0.1 0 28.5 8.5 32 2 60 612 120 8 0.4 0.1 21.5 9 44 2 44 342 120 8 0.4 0.1 18.5 6 60 2 44 346 112 7.5 0.5 0 23.5 9.5 63 2 48 354 <t< th=""><th>127 11 6 0.5 10 4 130 2 54 485 100 149 14 8 1 8.5 5 88 4.5 74 443 46 194 17 9 1 14 3.5 60 1.5 98 586 88 134 7 2 0.2 22.5 6 40 2 39 239 141 114 8 0.5 0.1 20 7.5 23 2 60 305 128 119 6 0.5 0.1 27 5 43 1.5 34 284 15 147 8.5 0.1 0 28.5 8.5 32 2 60 612 139 120 8 0.4 0.1 21.5 9 44 2 44 346 90 112 7.5 0.4 0.1 18.5</th><th>127 11 6 0.5 10 4 130 2 54 485 100 0 149 14 8 1 8.5 5 88 4.5 74 443 46 16.5 194 17 9 1 14 3.5 60 1.5 98 586 88 16 134 7 2 0.2 22.5 6 40 2 39 239 141 3 114 8 0.5 0.1 20 7.5 23 2 60 305 128 0 119 6 0.5 0.1 27 5 43 1.5 34 284 15 1 147 8.5 0.1 0 28.5 8.5 32 2 60 612 139 0 120 8 0.4 0.1 21.5 9 44 2 44 342</th></t<>	127 11 6 0.5 10 4 130 2 54 485 100 149 14 8 1 8.5 5 88 4.5 74 443 46 194 17 9 1 14 3.5 60 1.5 98 586 88 134 7 2 0.2 22.5 6 40 2 39 239 141 114 8 0.5 0.1 20 7.5 23 2 60 305 128 119 6 0.5 0.1 27 5 43 1.5 34 284 15 147 8.5 0.1 0 28.5 8.5 32 2 60 612 139 120 8 0.4 0.1 21.5 9 44 2 44 346 90 112 7.5 0.4 0.1 18.5	127 11 6 0.5 10 4 130 2 54 485 100 0 149 14 8 1 8.5 5 88 4.5 74 443 46 16.5 194 17 9 1 14 3.5 60 1.5 98 586 88 16 134 7 2 0.2 22.5 6 40 2 39 239 141 3 114 8 0.5 0.1 20 7.5 23 2 60 305 128 0 119 6 0.5 0.1 27 5 43 1.5 34 284 15 1 147 8.5 0.1 0 28.5 8.5 32 2 60 612 139 0 120 8 0.4 0.1 21.5 9 44 2 44 342				