


Recipe, Data Source: Custom

black beans, kale, mango

Names

 English black beans, kale, mango

Ingredients

Description	Amount	Unit	Calories
Black beans, cooked from dried	1.50	cup, whole pieces	340.5
Kale, cooked from frozen	250	g	75.0
Dole, mango, frozen	2.50	0.75 Cup	225.0

Nutrients

Serving: Recipe Weight: 858.0g

General	Amount	% DV	Vitamins	Amount	% DV
Energy	640.55 kcal	32.0%	B1 (Thiamine)	0.74 mg	49.1%
Alcohol	0.00 g		B12 (Cobalamin)	0.00 µg	0.0%
Ash	5.32 g		B2 (Riboflavin)	0.44 mg	25.7%
Caffeine	0.00 mg		B3 (Niacin)	2.98 mg	14.9%
Water	395.85 g	26.4%	B5 (Pantothenic Acid)	0.76 mg	7.6%
Carbohydrates	Amount	% DV	B6 (Pyridoxine)	0.89 mg	44.7%
Carbs	134.24 g	44.7%	Biotin	0.00 µg	0.0%
Fiber	32.45 g	129.8%	Choline	80.97 mg	
Starch	26.70 g		Folate	419.41 µg	104.9%
Sugars	57.48 g		Vitamin A	39260.00 IU	785.2%
Fructose	1.50 g		Alpha-carotene	0.00 µg	
Galactose	0.00 g		Beta-carotene	22057.50 µg	
Glucose	1.50 g		Beta-cryptoxanthin	0.00 µg	
Lactose	0.00 g		Lutein+Zeaxanthin	49242.50 µg	
Maltose	0.00 g		Lycopene	0.00 µg	
Sucrose	1.98 g		Retinol	0.00 µg	
Lipids	Amount	% DV	Retinol Activity Equivalent	1838.13 µg	
Fat	2.62 g	4.0%	Vitamin C	153.00 mg	255.0%
Monounsaturated	0.21 g		Vitamin D	0.00 IU	0.0%
Polyunsaturated	1.18 g		Vitamin E	5.52 mg	27.4%
Omega-3	0.58 g		Beta Tocopherol	0.00 mg	
Omega-6	0.57 g		Delta Tocopherol	1.03 mg	
Saturated	0.52 g	2.6%	Gamma Tocopherol	0.82 mg	
Trans-Fats	0.00 g		Vitamin K	2210.96 µg	2763.7%
Cholesterol	0.00 mg	0.0%	Minerals	Amount	% DV
Phytosterol	0.00 mg		Calcium	464.66 mg	46.5%
Protein	Amount	% DV	Chromium	0.00 µg	
Protein	29.96 g	59.9%	Copper	0.66 mg	32.8%
Alanine	1.32 g		Fluoride	0.00 µg	
Arginine	1.81 g		Iodine	0.00 µg	
Aspartic acid	3.40 g		Iron	8.67 mg	48.2%
Cystine	0.34 g		Magnesium	225.59 mg	56.4%
Glutamic acid	4.29 g		Manganese	2.27 mg	113.5%
Glycine	1.24 g		Phosphorus	431.19 mg	43.1%
Histidine	0.79 g		Potassium	1718.37 mg	49.1%
Hydroxyproline	0.00 g		Selenium	5.35 µg	7.6%
Isoleucine	1.43 g		Sodium	40.08 mg	1.7%
Leucine	2.32 g		Zinc	3.34 mg	22.3%
Lysine	1.99 g				
Methionine	0.41 g				
Phenylalanine	1.60 g				
Proline	1.39 g				
Serine	1.54 g				
Threonine	1.28 g				

Tryptophan	0.36 g
Tyrosine	0.90 g
Valine	1.59 g

Summary

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Nutrition Facts		
Serving Size: 1 full recipe — 858g		
Amount Per Serving	% Daily Value*	
Calories	641	32%
Total Fat	3g	4%
Saturated Fat	1g	3%
Trans Fat		
Cholesterol		0%
Sodium	40mg	2%
Total Carbohydrate	134g	45%
Dietary Fiber	32g	130%
Sugars	57g	
Protein	30g	60%
Vitamin A	785%	Vitamin C 255%
Calcium	46%	Iron 48%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.		
Full Info at cronometer.com		

