

Get to know beans

Type of bean	Description	Calories in 1 cup	Total Fat in 1 cup (g)	Fibre in 1 cup (g)	Protein in 1 cup (g)	Folate in 1 cup (%DV*)	Iron in 1 cup (%DV)
Adzuki	Used in red bean paste popular in Asian cuisine	294	0	17	17	70	26
Black	Rich flavour, velvety texture	227	1	15	15	64	20
Fava	Pale green; also called broad beans, Windsor beans, English beans	187	1	9	13	44	14
Kidney	Also called red beans; white ones called cannellini beans	225	1	11	15	58	22
Lima	Sometimes called butter beans for its buttery texture	216	1	13	15	39	25
Mung	Main source of bean sprouts	212	1	15	14	80	16
Navy	Also called Yankee beans, great Northern beans	255	1	19	15	64	24
Pinto	Named for its painted appearance; pink background dappled with beige spots	245	1	15	15	74	20
Soy	Green pod beans with mildly nutty taste, also called edamame	298	15	10	29	23	49

*Percent Daily Value. This is based on a 2,000 calorie diet. Your daily calorie needs may be higher or lower, so your actual daily values may be different.