

Facts about Four Types of Legumes

Peas, lentils, and beans are all types of legumes. Legumes are packed with nutrients like protein, fiber, B-vitamins, and several minerals.

Dry Peas

Description: Small, spherical seeds that split apart when dried

Cooking time: ½ to 1 hour

Recipe suggestions: Most often used in split-pea soup; also can be used to make Indian dishes (dahl)

Nutrition Facts

Serving Size 1/2 cup (99g)

Amount Per Serving

Calories 116

	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 355mg	10%
Sodium 2mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 8g	32%
Sugars 3g	
Protein 8g	16%

Vitamin A 0.1%	•	Vitamin C 0.7%
Calcium 1.4%	•	Iron 7.2%
Folate 16%	•	Magnesium 8.8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Garbanzo Beans

Description: Round, medium size, beige color; nut-like flavor and firm texture

Cooking time: 1 ½ to 2 hours

Recipe suggestions: Used in soups, salads, and side dishes; main ingredient hummus and falafel

Nutrition Facts

Serving Size 1/2 cup (82g)

Amount Per Serving

Calories 134

	% Daily Values*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 239mg	7%
Sodium 6mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 8g	32%
Sugars 4g	
Protein 7g	14%

Vitamin A 0.4%	•	Vitamin C 1.8%
Calcium 4%	•	Iron 13.3%
Folate 35.3%	•	Magnesium 9.8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Black Beans

Description: Medium black-skinned ovals; earthy flavor with a hint of mushrooms

Cooking time: 1 ½ to 2 hours

Recipe suggestions: Most often used in thick soups or with rice; basic for Latin American side dishes



Nutrition Facts

Serving Size 1/2 cup (86g)

Amount Per Serving

Calories 114

	% Daily Values*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 355mg	10%
Sodium 1mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 8g	32%
Sugars 0g	
Protein 8g	16%
Vitamin A 0.2%	Calcium 2.3%
Iron 10%	Folate 32%
Magnesium 15%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g

Lentils

Description: short, flat, round disks; brown, green, or red in color, with a distinctive earthy flavor

Cooking time: 15-40 minutes

Recipe suggestions: Used in soups, stews, or salads; can be made as a side or main dish



Nutrition Facts

Serving Size 1/2 cup (99g)

Amount Per Serving

Calories 115

	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 365mg	10%
Sodium 2mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 8g	32%
Sugars 2g	
Protein 9g	18%
Vitamin A 0.2%	Vitamin C 2.5%
Calcium 1.9%	Iron 18.3%
Folate 44.8%	Magnesium 9%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g

Source: Nebraska Dry Bean Commission, <http://nebraskadrybean.com/bean-info/>, accessed 12/14/12



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