

LEGUME IRON CONTENT

Reference Guide: Milligrams (mg) per 1 Cup (Cooked)

LEGUME VARIETY	IRON CONTENT	DAILY VALUE %*
Lentils (Boiled)	6.6mg	37%
Soybeans (Edamame)	4.5mg	25%
Kidney Beans	5.2mg	29%
Chickpeas (Garbanzo)	4.7mg	26%
Lima Beans	4.5mg	25%
Navy Beans	4.3mg	24%
Black Beans	3.6mg	20%
Pinto Beans	3.6mg	20%
Peas (Green)	2.5mg	14%

*Percentage based on a standard 18mg daily requirement. Values may vary by preparation method.