INORGANIC AND PROXIMATE NUTRITIONAL COMPOSITION OF COMMON BEANS IN NIGERIA

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ABSTRACT

Inorganic and proximate nutritional composition of five common Nigerian beans: Lima bean, Adzuki bean, African locust bean, Pigeon pea and white bean, were investigated. The proximate analysis results obtained show that the moisture content ranged between Lima bean (9.20%) and Pigeon pea (0.24%), Fat content ranged between Lima bean (12.84%) and Pigeon pea (3.68%) while crude fibre was obtained between the range of 5.54% (Pigeon pea) and 0.39% (African locust bean). Relatively high content of protein was recorded for nearly all the beans with the highest in African Locust bean (33.89%) and the least in Lima bean (26.06%). All the beans recorded almost the same percentage of carbohydrate, between the range of 54.79% (white bean) and 41.62% (Lima bean). Nearly all the samples recorded very low content of: Fe, Zn, Mn, and Cu but Ca ranged between 0.266 mg/kg (African locust bean) and 0.234 mg/kg (Pigeon pea) while Mg was obtained between the range 0.396 mg/kg (white bean) and 3.20 mg/kg (Pigeon pea).

Keywords: Legumes, Nutritive – value, health and beans.