

**A TABLE FOR COUMESTROL, FORMONONETIN AND
BIOCHANIN A (mg/100g)**

NDB NO.	Food description	Ref. No.	Coumestrol	Formononetin	Biochanin A
11052	Green beans, raw	11	0.00	0.15	Trace
11053	Green beans, ckd	11	0.00	Trace	Trace
16071	Lima beans, large, dry	11 17	1.48 0.00	Trace 0.01	Trace 0.00
16072	Lima beans, large, ckd	11	0.00	0.01	0.00
16056	Garbanzo beans, dry	11 17	0.00 0.00	0.00 0.14	1.52 1.78
16028	Kidney beans, ckd	11	0.00	0.00	0.41
16042	Pinto beans, dry	11 17	3.61 0.00	Trace 0.00	0.56 0.00
16074	Lima beans, small, dry	11	0.00	0.55	0.37
16024	Great northern beans, dry	11	0.00	0.00	0.60
16040	Pink beans, dry	11	0.00	1.05	0.00
16062	Blackeyed beans, dry	11 17	0.00 0.00	0.00 0.00	1.73 0.00
16045	Small white beans, dry	11	0.00	0.82	0.00
16085	Split peas, yellow & green	11 17	0.00 0.00	0.00 0.00	0.86 0.00
	Split peas, round	11	8.11	0.00	0.00
	Chinese peas, ckd	11	0.00	0.00	9.31
99019	Kala chana, dry	11	6.13	0.00	1.26
16080	Mung beans, dry	11 17	0.00 Trace	0.61 0.01	0.00 0.01
99009	Clover sprouts	11	28.1	2.28	0.44
11001	Alfalfa sprouts	11 21	4.68 0.00	Trace 261	0.00 0.00
19015	Granola candy bar	19	Trace	0.00	0.00
99001	9-grain bread, US	19	0.00	0.00	0.00
18216	Crispbread, Finland	19	Trace	0.00	0.00
12036	Sunflower seeds	19	Trace	0.03	Trace

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99020	Lapacho tea	19	0.00	0.01	0.03
16115	Soy flour, UK	19	0.00	0.03	0.07
99106	Jasmine tea	18	0.03		
99107	Green tea	18	0.03		
16108	Soybeans, dry	17	0.05	0.07	0.01
16027	Kidney beans, dry	17	0.00	0.01	Trace
16032	Kidney beans, red, dry	17	0.00	0.00	0.01
16037	Navy beans, dry	17	0.00	0.00	0.00
16027	Kidney beans, white dry	17	0.00	0.00	0.01
16095	Groundnut, americana	17	0.00	0.00	0.01
16101	Pigeon peas, dry	17	Trace	0.01	0.10
16052	Broad beans, dry	17	0.00	0.02	Trace
16083	Black gram (urad dahl)	17	0.00	0.00	0.03
16087	Peanut	17	0.00	0.01	0.01
16069	Lentils	17	0.00	0.01	0.00
	Red clover	28		1322	833
11452	Soy sprouts	34	38.6	0.00	
99003	Alfalfa sprouts mixed with clover sprouts	21	466	1771	2946