

AgBite

A series of commodity insights

Did you know?

Soybeans make great crayons. One acre of soybeans can make 82,363 crayons.

Overview

- Soy ink is used in over 95% of America's daily newspapers that circulate over fifteen hundred copies per run.
- Soybean plants can grow to be 6 feet tall, and they produce pods that hold 3-4 seeds or beans.
- Soybeans grow in pods similar to peas. During the summer, the soybean plant flowers and produces 60 to 80 pods.

Production

Soybeans are measured in units of volume called "bushels." A bushel of soybeans weighs 60 pounds.

U.S. Soybeans represented 56 percent of world oilseed production in 2000.

More soybeans grow in the United States than anywhere else in the world.

Soybean

Kingdom: *Plantae*

Family: *Fabaceae*

Genus: *Glycine*

Species: *G. max*



Nutritional Information

1 cup raw 186 g

Total Fat 37 g	Vitamin C 11.2 mg
Cholesterol 0 mg	Calcium 515 mg
Sodium 3.72 mg	Iron 29.2 mg
Potassium 3350 mg	Magnesium 521 mg
Total Carbohydrate 56.2 g	Zinc 9.1 mg
Dietary Fiber 17.3 g	Riboflavin 1.62 mg
Sugar 9 g	Vitamin B-6 .701 mg
Protein 67.9 g	

Sources: fdc.nal.usda.gov, lhf.org/learning-fields, vedantu.com/biology, oklahoma.agclassroom.org/resources, tnsoybeans.org, soyohio.org.

Soybean Anatomy

