



Food ID: A036

Food name and Description: Bread, mung bean loaf

Scientific name:

Alternate/Common name(s): Munggo bread

Edible portion: 100%



Proximates (Food Composition per 100g Edible Portion)

Water (g)	20.9
Energy, calculated (kcal)	352
Protein (g)	13.5
Total Fat (g)	8.3
Carbohydrate, total (g)	55.8
Ash, total (g)	1.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.4
Sugars, total (g)	26.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	26
Phosphorus, P (mg)	89
Iron, Fe (mg)	0
Sodium, Na (mg)	163

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.16
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.6
Fatty acids, monounsaturated, total (g)	2.58
Fatty acids, polyunsaturated, total(g)	0.79
Cholesterol (mg)	16