

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: A129 Food name and Description: Hopyang munggo Scientific name: Alternate/Common name(s): Edible portion: 100%

### Proximates (Food Composition per 100g Edible Portion)

Water (g)	18.5
Energy, calculated (kcal)	383
Protein (g)	6.5
Total Fat (g)	12
Carbohydrate, total (g)	62.3
Ash, total (g)	0.7

#### Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.2
Sugars, total (g)	19.6

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	25
Phosphorus, P (mg)	94
Iron, Fe (mg)	6.7
Sodium, Na (mg)	18

## Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	5
beta-Carotene (μg)	5
Retinol Activity Equivalent, RAE (µg)	6
Thiamin, Vitamin B1 (mg)	0.12
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	0

## Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	4.93
Fatty acids, monounsaturated, total (g)	4.85
Fatty acids, polyunsaturated, total(g)	1.68
Cholesterol (mg)	-

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 12:13:59