



Food ID: C011

Food name and Description: Davao wonder bean seed, dried

Scientific name: -

Alternate/Common name(s): Mekan pea buto, tuyo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	12.6
Energy, calculated (kcal)	351
Protein (g)	23.4
Total Fat (g)	2.7
Carbohydrate, total (g)	58.3
Ash, total (g)	3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	10.5
Sugars, total (g)	6.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	88
Phosphorus, P (mg)	385
Iron, Fe (mg)	10.1
Sodium, Na (mg)	16

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.45
Riboflavin, Vitamin B2 (mg)	0.61
Niacin (mg)	2.8
Niacin from tryptophan (mg)	3.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-

Cholesterol (mg)

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