



**Food ID:** C014

**Food name and Description:** Coastal jack-bean seed, dried

**Scientific name:** *Canavalia rosea*

**Alternate/Common name(s):** Pataning-dagat buto, tuyo

**Edible portion:** 82%

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

Water (g)	9.4
Energy, calculated (kcal)	364
Protein (g)	24.1
Total Fat (g)	2.8
Carbohydrate, total (g)	60.7
Ash, total (g)	3

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

Fiber, total dietary (g)	25.4
Sugars, total (g)	5.8

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	210
Phosphorus, P (mg)	318
Iron, Fe (mg)	1.6
Sodium, Na (mg)	13

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.3
Riboflavin, Vitamin B2 (mg)	0.17
Niacin (mg)	0.8
Niacin from tryptophan (mg)	7.5
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.47
Fatty acids, monounsaturated, total (g)	0.34
Fatty acids, polyunsaturated, total(g)	1.17

Cholesterol (mg)

0