



Food ID: C015

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

Scientific name: *Canavalia rosea*

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

Edible portion: 78%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	57.6
Energy, calculated (kcal)	170
Protein (g)	9.6
Total Fat (g)	1.1
Carbohydrate, total (g)	30.3
Ash, total (g)	1.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	8
Sugars, total (g)	2.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	74
Phosphorus, P (mg)	135
Iron, Fe (mg)	0.7
Sodium, Na (mg)	7

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)	0.11
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.18
Fatty acids, monounsaturated, total (g)	0.13
Fatty acids, polyunsaturated, total(g)	0.46
Cholesterol (mg)	0