



Food ID: C018

Food name and Description: Kidney bean seed, black, dried

Scientific name: *Phaseolus vulgaris*

Alternate/Common name(s): Abitsuwelas buto, itim, tuyo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	5.2
Energy, calculated (kcal)	374
Protein (g)	20.2
Total Fat (g)	1.9
Carbohydrate, total (g)	69.1
Ash, total (g)	3.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	16.5
Sugars, total (g)	2.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	230
Phosphorus, P (mg)	342
Iron, Fe (mg)	4.5
Sodium, Na (mg)	5

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)	0.56
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	2.4
Niacin from tryptophan (mg)	4.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.49
Fatty acids, monounsaturated, total (g)	0.16
Fatty acids, polyunsaturated, total(g)	0.82

Cholesterol (mg)

0