



Food ID: C019

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

Scientific name: *Phaseolus vulgaris*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	69.9
Energy, calculated (kcal)	117
Protein (g)	3.9
Total Fat (g)	0.6
Carbohydrate, total (g)	24.1
Ash, total (g)	1.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	7.6
Sugars, total (g)	0.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	85
Phosphorus, P (mg)	146
Iron, Fe (mg)	1.9
Sodium, Na (mg)	1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.15
Fatty acids, monounsaturated, total (g)	0.05
Fatty acids, polyunsaturated, total(g)	0.26
Cholesterol (mg)	0