

**Food ID:** C020**Food name and Description:** Kidney bean seed, red, dried**Scientific name:** *Phaseolus vulgaris***Alternate/Common name(s):** Abitsuwelas buto, pula, tuyo**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	11.7
Energy, calculated (kcal)	348
Protein (g)	19.3
Total Fat (g)	1.5
Carbohydrate, total (g)	64.2
Ash, total (g)	3.3

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

Fiber, total dietary (g)	15.2
Sugars, total (g)	2.1

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

Calcium, Ca (mg)	115
Phosphorus, P (mg)	353
Iron, Fe (mg)	6.9
Sodium, Na (mg)	12

**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)	0.35
Riboflavin, Vitamin B2 (mg)	0.21
Niacin (mg)	2.2
Niacin from tryptophan (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.22
Fatty acids, monounsaturated, total (g)	0.12
Fatty acids, polyunsaturated, total(g)	0.83

Cholesterol (mg)

0