



**Food ID:** C022

**Food name and Description:** Kidney bean seed, white, dried

**Scientific name:** *Phaseolus vulgaris*

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

**Edible portion:** 100%

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

Water (g)	9.4
Energy, calculated (kcal)	354
Protein (g)	18.8
Total Fat (g)	1.1
Carbohydrate, total (g)	67.1
Ash, total (g)	3.6

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

Fiber, total dietary (g)	15.5
Sugars, total (g)	2.2

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

Calcium, Ca (mg)	105
Phosphorus, P (mg)	278
Iron, Fe (mg)	5.3
Sodium, Na (mg)	16

## **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)	0.42
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	1.7
Niacin from tryptophan (mg)	5.2
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.28
Fatty acids, monounsaturated, total (g)	0.1
Fatty acids, polyunsaturated, total(g)	0.47

Cholesterol (mg)

0