



Food ID: C027

Food name and Description: Mung bean seed, green, dried

Scientific name: *Vigna radiata var radiata*

Alternate/Common name(s): Munggo buto, berde, tuyo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	11.5
Energy, calculated (kcal)	348
Protein (g)	23.2
Total Fat (g)	1.6
Carbohydrate, total (g)	60.1
Ash, total (g)	3.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	18.4
Sugars, total (g)	6.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	100
Phosphorus, P (mg)	319
Iron, Fe (mg)	4.6
Potassium, K (mg)	1071
Sodium, Na (mg)	24
Zinc, Zn (mg)	0.6

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	126
Retinol Activity Equivalent, RAE (µg)	11
Thiamin, Vitamin B1 (mg)	0.62
Riboflavin, Vitamin B2 (mg)	0.21
Niacin (mg)	2.3
Ascorbic Acid, Vitamin C (mg)	10

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.48
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0.35
Stearic, C18 (g)	0.1
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.22
Oleic , C18:1 (g)	0.22
Fatty acids, polyunsaturated, total(g)	0.53
Linoleic, C18:2 (g)	0.5
Linolenic, C18:3 (g)	0.04
Cholesterol (mg)	0