

**Food ID:** C028**Food name and Description:** Mung bean seed, green, dried, boiled**Scientific name:** *Vigna radiata var radiata***Alternate/Common name(s):** Munggo buto, berde, tuyo, nilaga**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	60
Energy, calculated (kcal)	155
Protein (g)	11
Total Fat (g)	0.3
Carbohydrate, total (g)	27.1
Ash, total (g)	1.6

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

Fiber, total dietary (g)	11.1
Sugars, total (g)	2.9

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

Calcium, Ca (mg)	483
Phosphorus, P (mg)	209
Iron, Fe (mg)	2.6
Sodium, Na (mg)	3

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	25
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.09
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.1
Cholesterol (mg)	0