



**Food ID:** C029

**Food name and Description:** Mung bean seed, red, dried

**Scientific name:** *Vigna radiata var radiata*

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

**Edible portion:** 100%

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

Water (g)	11.4
Energy, calculated (kcal)	347
Protein (g)	22.2
Total Fat (g)	1
Carbohydrate, total (g)	62.2
Ash, total (g)	3.2

## **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)	86
Phosphorus, P (mg)	338
Iron, Fe (mg)	9
Sodium, Na (mg)	24

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	15
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.6
Riboflavin, Vitamin B2 (mg)	0.26
Niacin (mg)	2.1
Niacin from tryptophan (mg)	2.1
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.3
Fatty acids, monounsaturated, total (g)	0.14
Fatty acids, polyunsaturated, total(g)	0.33

Cholesterol (mg)

0