



Food ID: C030

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

Scientific name: *Vigna radiata var radiata*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	62
Energy, calculated (kcal)	150
Protein (g)	6.9
Total Fat (g)	0.7
Carbohydrate, total (g)	28.9
Ash, total (g)	1.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	10.6
Sugars, total (g)	2.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	50
Phosphorus, P (mg)	185
Iron, Fe (mg)	1.5
Sodium, Na (mg)	3

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	20
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	0.6
Niacin from tryptophan (mg)	1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.21
Fatty acids, monounsaturated, total (g)	0.1
Fatty acids, polyunsaturated, total(g)	0.24

Cholesterol (mg)

0