

Republic of the Philippines **Department of Science and Technology** FOOD AND NUTRITION RESEARCH INSTITUTE

General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: C031 Food name and Description: Mung bean seed, yellow, dried Scientific name: Vigna radiata var radiata Alternate/Common name(s): Munggo buto, dilaw, tuyo Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	7.1
Energy, calculated (kcal)	365
Protein (g)	23.5
Total Fat (g)	1.4
Carbohydrate, total (g)	64.5
Ash, total (g)	3.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	19.3
Sugars, total (g)	6.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	210
Phosphorus, P (mg)	334
Iron, Fe (mg)	4
Sodium, Na (mg)	25

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	100
Retinol Activity Equivalent, RAE (µg)	8
Thiamin, Vitamin B1 (mg)	0.45
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	2.2
Niacin from tryptophan (mg)	3.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0.42
Fatty acids, monounsaturated, total (g)	0.2
Fatty acids, polyunsaturated, total(g)	0.47

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 10:26:47

Cholesterol (mg)