



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

Cholesterol (mg)

0