



**Food ID:** C032

**Food name and Description:** Mung bean seed, yellow, dried, boiled

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

**Alternate/Common name(s):** Munggo buto, dilaw, tuyoy, nilaga

**Edible portion:** 100%

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

Water (g)	70.3
Energy, calculated (kcal)	116
Protein (g)	7.2
Total Fat (g)	0.3
Carbohydrate, total (g)	21.1
Ash, total (g)	1.1

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

Fiber, total dietary (g)	8.3
Sugars, total (g)	2.2

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

Calcium, Ca (mg)	88
Phosphorus, P (mg)	115
Iron, Fe (mg)	1.1
Sodium, Na (mg)	2

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	44
Retinol Activity Equivalent, RAE (µg)	4
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.5
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