



Food ID: C042

Food name and Description: Rice bean seed, dried

Scientific name: *Vigna umbellata*

Alternate/Common name(s): Tapilan buto, tuyo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	10.9
Energy, calculated (kcal)	356
Protein (g)	18.4
Total Fat (g)	3.1
Carbohydrate, total (g)	63.7
Ash, total (g)	3.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	16
Sugars, total (g)	6.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	400
Phosphorus, P (mg)	236
Iron, Fe (mg)	4
Sodium, Na (mg)	9

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.54
Riboflavin, Vitamin B2 (mg)	0.17
Niacin (mg)	2.2
Niacin from tryptophan (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.94
Fatty acids, monounsaturated, total (g)	0.43
Fatty acids, polyunsaturated, total(g)	1.04

Cholesterol (mg)

0