

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 07/20/2025 15:12:31 Cholesterol (mg)