



Food ID: C044

Food name and Description: Soybean seed, dried

Scientific name: *Glycine max*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	6.1
Energy, calculated (kcal)	442
Protein (g)	35.8
Total Fat (g)	17.2
Carbohydrate, total (g)	35.9
Ash, total (g)	5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	9.5
Sugars, total (g)	7.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	364
Phosphorus, P (mg)	494
Iron, Fe (mg)	9
Sodium, Na (mg)	2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	50
Retinol Activity Equivalent, RAE (µg)	4
Thiamin, Vitamin B1 (mg)	0.71
Riboflavin, Vitamin B2 (mg)	0.3
Niacin (mg)	2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.49
Fatty acids, monounsaturated, total (g)	3.8
Fatty acids, polyunsaturated, total(g)	9.71
Cholesterol (mg)	0