



Food ID: C045

Food name and Description: Soybean seed, black, dried

Scientific name: *Glycine max*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	6.9
Energy, calculated (kcal)	451
Protein (g)	36.6
Total Fat (g)	19.8
Carbohydrate, total (g)	31.6
Ash, total (g)	5.1

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)	335
Phosphorus, P (mg)	642
Iron, Fe (mg)	7
Sodium, Na (mg)	38

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)	0.28
Riboflavin, Vitamin B2 (mg)	0.21
Niacin (mg)	2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.65
Fatty acids, monounsaturated, total (g)	4.06
Fatty acids, polyunsaturated, total(g)	10.47
Cholesterol (mg)	0