

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

PHOTO TO BE SUPPLIED

**Food ID:** C046

Food name and Description: Soybean seed, black, dried, boiled Scientific name: *Glycine max* Alternate/Common name(s): Utaw buto, itim, tuyo, nilaga Edible portion: 100%

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

Water (g)	45.2
Energy, calculated (kcal)	241
Protein (g)	15.3
Total Fat (g)	6.1
Carbohydrate, total (g)	31.2
Ash, total (g)	2.2

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

Fiber, total dietary (g)	8.8
Sugars, total (g)	4.4

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	140
Phosphorus, P (mg)	258
Iron, Fe (mg)	2.6
Sodium, Na (mg)	2

#### 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)	0.14
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	0

## Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0.88
Fatty acids, monounsaturated, total (g)	1.35
Fatty acids, polyunsaturated, total(g)	3.44
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 15:33:59