



**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