



**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    |