



**Food ID:** C048

**Food name and Description:** Soybean seed, yellow, dried, boiled

**Scientific name:** *Glycine max*

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

**Edible portion:** 100%

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

Water (g)	40
Energy, calculated (kcal)	267
Protein (g)	12.4
Total Fat (g)	6.9
Carbohydrate, total (g)	38.9
Ash, total (g)	1.8

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

Fiber, total dietary (g)	9.6
Sugars, total (g)	4.8

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	97
Phosphorus, P (mg)	210
Iron, Fe (mg)	1.9
Sodium, Na (mg)	2

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.11
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	1
Fatty acids, monounsaturated, total (g)	1.52
Fatty acids, polyunsaturated, total(g)	3.9
Cholesterol (mg)	0