



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