



Food ID: C049

Food name and Description: String/Yard long bean seed, dried

Scientific name: *Vigna unguiculata ssp. sesquipedalis*

Alternate/Common name(s): Sitaw buto, tuyo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	4.7
Energy, calculated (kcal)	371
Protein (g)	30.7
Total Fat (g)	2.3
Carbohydrate, total (g)	56.8
Ash, total (g)	5.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	11.4
Sugars, total (g)	7.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	243
Phosphorus, P (mg)	523
Iron, Fe (mg)	7.8
Sodium, Na (mg)	18

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	140
Retinol Activity Equivalent, RAE (µg)	12
Thiamin, Vitamin B1 (mg)	0.32
Riboflavin, Vitamin B2 (mg)	0.21
Niacin (mg)	8.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.6
Fatty acids, monounsaturated, total (g)	0.2
Fatty acids, polyunsaturated, total(g)	0.99
Cholesterol (mg)	0