



Food ID: C050

Food name and Description: Velvet bean seed, dried

Scientific name: *Mucuna pruriens*

Alternate/Common name(s):

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	7.7
Energy, calculated (kcal)	378
Protein (g)	28.2
Total Fat (g)	4.7
Carbohydrate, total (g)	55.8
Ash, total (g)	3.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	494
Phosphorus, P (mg)	403
Iron, Fe (mg)	4.7
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.37
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-