



Food ID: C068

Food name and Description: Soybean seed, yellow, cnd, drnd

Scientific name:

Alternate/Common name(s): Utaw, dilaw, de lata

Edible portion: 75%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	57.9
Energy, calculated (kcal)	138
Protein (g)	11.8
Total Fat (g)	5.9
Carbohydrate, total (g)	9.4
Ash, total (g)	15

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.3
Sugars, total (g)	3.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	168
Phosphorus, P (mg)	136
Iron, Fe (mg)	6.5
Sodium, Na (mg)	479

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	175
Retinol Activity Equivalent, RAE (µg)	15
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.48
Niacin (mg)	0.8
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)	0