



**Food ID:** D130

**Food name and Description:** Mung bean seed, fresh

**Scientific name:** *Vigna radiata var radiata*

**Alternate/Common name(s):** Munggo buto, sariwa

**Edible portion:** 40%

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

Water (g)	69.3
Energy, calculated (kcal)	119
Protein (g)	7.7
Total Fat (g)	0.2
Carbohydrate, total (g)	21.6
Ash, total (g)	1.2

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

Fiber, total dietary (g)	6.4
Sugars, total (g)	2.2

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

Calcium, Ca (mg)	112
Phosphorus, P (mg)	192
Iron, Fe (mg)	1.7
Sodium, Na (mg)	8

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	16
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.25
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	1.5
Ascorbic Acid, Vitamin C (mg)	53

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

Fatty acids, saturated, total (g)	0.06
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.07
Cholesterol (mg)	0