



Food ID: D131

Food name and Description: Mung bean sprout

Scientific name: *Vigna radiata var radiata*

Alternate/Common name(s): Toge

Edible portion: 91%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	83.5
Energy, calculated (kcal)	64
Protein (g)	5.7
Total Fat (g)	0.1
Carbohydrate, total (g)	10
Ash, total (g)	0.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.1
Sugars, total (g)	5.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	32
Phosphorus, P (mg)	96
Iron, Fe (mg)	1.1
Sodium, Na (mg)	7

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	25
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.13
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	1
Niacin from tryptophan (mg)	2.2
Ascorbic Acid, Vitamin C (mg)	41

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.02
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.04

Cholesterol (mg)

0