



Food ID: D206

Food name and Description: Snap bean pod, green

Scientific name: *Phaseolus vulgaris*

Alternate/Common name(s): Abitsuwelas/Baguio beans bunga, berde

Edible portion: 96%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	90.5
Energy, calculated (kcal)	36
Protein (g)	2
Total Fat (g)	0.1
Carbohydrate, total (g)	6.8
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.6
Sugars, total (g)	3.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	77
Phosphorus, P (mg)	38
Iron, Fe (mg)	1.2
Sodium, Na (mg)	2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	360
Retinol Activity Equivalent, RAE (µg)	30
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	0.7
Niacin from tryptophan (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	17

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.02
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0.05

Cholesterol (mg)

0