



**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