



**Food ID:** D207

**Food name and Description:** Snap bean pod, green, boiled

**Scientific name:** *Phaseolus vulgaris*

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

**Edible portion:** 100%

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

Water (g)	93.2
Energy, calculated (kcal)	27
Protein (g)	0.8
Total Fat (g)	0.1
Carbohydrate, total (g)	5.6
Ash, total (g)	0.3

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

Fiber, total dietary (g)	2
Sugars, total (g)	1

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

Calcium, Ca (mg)	41
Phosphorus, P (mg)	24
Iron, Fe (mg)	0.7
Sodium, Na (mg)	1

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	145
Retinol Activity Equivalent, RAE (µg)	12
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	5

## **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