



Food ID: D209

Food name and Description: Snap bean pod, white, boiled

Scientific name: *Phaseolus vulgaris*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	96.2
Energy, calculated (kcal)	14
Protein (g)	1
Total Fat (g)	0.1
Carbohydrate, total (g)	2.3
Ash, total (g)	0.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.1
Sugars, total (g)	0.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	29
Phosphorus, P (mg)	15
Iron, Fe (mg)	0.4
Sodium, Na (mg)	0

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	85
Retinol Activity Equivalent, RAE (µg)	7
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	8

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