



Food ID: D210

Food name and Description: Snap bean seed, black & brown, fresh

Scientific name: *Phaseolus vulgaris*

Alternate/Common name(s): Abitsuwelas/Baguio beans buto, kulay kape, sariwa

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	52.2
Energy, calculated (kcal)	185
Protein (g)	11.3
Total Fat (g)	0.6
Carbohydrate, total (g)	33.5
Ash, total (g)	2.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	127
Phosphorus, P (mg)	226
Iron, Fe (mg)	1.1
Sodium, Na (mg)	17

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.3
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	1.3
Ascorbic Acid, Vitamin C (mg)	8

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-

Cholesterol (mg)

0