



Food ID: D213

Food name and Description: Soybean seed, fresh

Scientific name: *Glycine max*

Alternate/Common name(s): Utaw buto, sariwa

Edible portion: 54%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	68.2
Energy, calculated (kcal)	151
Protein (g)	13.1
Total Fat (g)	6.1
Carbohydrate, total (g)	10.9
Ash, total (g)	1.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.1
Sugars, total (g)	2.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	161
Phosphorus, P (mg)	184
Iron, Fe (mg)	2.4
Sodium, Na (mg)	15

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	140
Retinol Activity Equivalent, RAE (µg)	12
Thiamin, Vitamin B1 (mg)	0.37
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	1.3
Niacin from tryptophan (mg)	2.6
Ascorbic Acid, Vitamin C (mg)	32

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.71
Fatty acids, monounsaturated, total (g)	1.15
Fatty acids, polyunsaturated, total(g)	2.87

Cholesterol (mg)

0