

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 15:16:39 Cholesterol (mg)