

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)