



**Food ID:** D214

**Food name and Description:** Soybean seed, fresh, boiled

**Scientific name:** *Glycine max*

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

**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

|                           |      |
|---------------------------|------|
| Water (g)                 | 70.2 |
| Energy, calculated (kcal) | 144  |
| Protein (g)               | 12.4 |
| Total Fat (g)             | 6.4  |
| Carbohydrate, total (g)   | 9.3  |
| Ash, total (g)            | 1.7  |

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

|                          |     |
|--------------------------|-----|
| Fiber, total dietary (g) | 4   |
| Sugars, total (g)        | 2.4 |

### **Minerals** (Food Composition per 100g Edible Portion)

|                    |     |
|--------------------|-----|
| Calcium, Ca (mg)   | 139 |
| Phosphorus, P (mg) | 176 |
| Iron, Fe (mg)      | 2.2 |
| Sodium, Na (mg)    | 13  |

### **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)              | 0.25 |
| Riboflavin, Vitamin B2 (mg)           | 0.14 |
| Niacin (mg)                           | 1.2  |
| Ascorbic Acid, Vitamin C (mg)         | 21   |

### **Lipids** (Food Composition per 100g Edible Portion)

|   |      |
|---|------|
| Fatty acids, saturated, total (g)       | 0.74 |
| Fatty acids, monounsaturated, total (g) | 1.21 |
| Fatty acids, polyunsaturated, total(g)  | 3.01 |
| Cholesterol (mg)                        | 0    |