



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