



Food ID: D230

Food name and Description: String/Yard long bean lvs

Scientific name: *Vigna unguiculata ssp. sesquipedalis*

Alternate/Common name(s): Sitaw talbos

Edible portion: 54%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	88
Energy, calculated (kcal)	44
Protein (g)	4.2
Total Fat (g)	0.4
Carbohydrate, total (g)	6
Ash, total (g)	1.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.3
Sugars, total (g)	3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	133
Phosphorus, P (mg)	70
Iron, Fe (mg)	3.9
Sodium, Na (mg)	39

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1655
Retinol Activity Equivalent, RAE (µg)	138
Thiamin, Vitamin B1 (mg)	0.31
Riboflavin, Vitamin B2 (mg)	0.19
Niacin (mg)	1.3
Ascorbic Acid, Vitamin C (mg)	31

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0