



Food ID: D231

Food name and Description: String/Yard long bean lvs, boiled

Scientific name: *Vigna unguiculata ssp. sesquipedalis*

Alternate/Common name(s): Sitaw talbos, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	92.8
Energy, calculated (kcal)	27
Protein (g)	2.1
Total Fat (g)	0.2
Carbohydrate, total (g)	4.3
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.4
Sugars, total (g)	1.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	75
Phosphorus, P (mg)	32
Iron, Fe (mg)	1.4
Sodium, Na (mg)	23

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	530
Retinol Activity Equivalent, RAE (µg)	44
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	12

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