



Food ID: D232

Food name and Description: String/Yard long bean pod, green

Scientific name: *Vigna unguiculata ssp. sesquipedalis*

Alternate/Common name(s): Sitaw bunga, berde

Edible portion: 95%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	90.2
Energy, calculated (kcal)	38
Protein (g)	2.7
Total Fat (g)	0.3
Carbohydrate, total (g)	6.2
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.7
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	40
Phosphorus, P (mg)	41
Iron, Fe (mg)	0.8
Potassium, K (mg)	200
Sodium, Na (mg)	5
Zinc, Zn (mg)	0.6

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	313
Retinol Activity Equivalent, RAE (µg)	26
Thiamin, Vitamin B1 (mg)	0.11
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	2

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.08
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0.06
Stearic, C18 (g)	0.01
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.03
Oleic , C18:1 (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.13
Linoleic, C18:2 (g)	0.07
Linolenic, C18:3 (g)	0.05
Cholesterol (mg)	0