



**Food ID:** D233

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

**Scientific name:** *Vigna unguiculata ssp. sesquipedalis*

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

**Edible portion:** 100%

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

Water (g)	87
Energy, calculated (kcal)	52
Protein (g)	4
Total Fat (g)	0.5
Carbohydrate, total (g)	7.9
Ash, total (g)	0.6

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

Fiber, total dietary (g)	2.7
Sugars, total (g)	-

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

Calcium, Ca (mg)	74
Phosphorus, P (mg)	43
Iron, Fe (mg)	0.8
Sodium, Na (mg)	4

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	315
Retinol Activity Equivalent, RAE (µg)	26
Thiamin, Vitamin B1 (mg)	0.12
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	15

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

Fatty acids, saturated, total (g)	0.13
Fatty acids, monounsaturated, total (g)	0.05
Fatty acids, polyunsaturated, total(g)	0.21
Cholesterol (mg)	0