



**Food ID:** D234

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

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

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

**Edible portion:** 92%

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

|                           |      |
|---------------------------|------|
| Water (g)                 | 88.6 |
| Energy, calculated (kcal) | 44   |
| Protein (g)               | 2.8  |
| Total Fat (g)             | 0.2  |
| Carbohydrate, total (g)   | 7.8  |
| Ash, total (g)            | 0.6  |

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

|                          |     |
|--------------------------|-----|
| Fiber, total dietary (g) | 4.3 |
| Sugars, total (g)        | -   |

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

|                    |     |
|--------------------|-----|
| Calcium, Ca (mg)   | 66  |
| Phosphorus, P (mg) | 47  |
| Iron, Fe (mg)      | 0.7 |
| Sodium, Na (mg)    | 6   |

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

|                                       |     |
|---------------------------------------|-----|
| Retinol, Vitamin A (µg)               | 0   |
| beta-Carotene (µg)                    | 360 |
| Retinol Activity Equivalent, RAE (µg) | 30  |
| Thiamin, Vitamin B1 (mg)              | 0.1 |
| Riboflavin, Vitamin B2 (mg)           | 0.1 |
| Niacin (mg)                           | 1.1 |
| Niacin from tryptophan (mg)           | 0.1 |
| Ascorbic Acid, Vitamin C (mg)         | 18  |

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

|   |      |
|---|------|
| Fatty acids, saturated, total (g)       | 0.05 |
| Fatty acids, monounsaturated, total (g) | 0.02 |
| Fatty acids, polyunsaturated, total(g)  | 0.08 |

Cholesterol (mg)

0