



Food ID: D235

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

Scientific name: *Vigna unguiculata ssp. sesquipedalis*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	91
Energy, calculated (kcal)	35
Protein (g)	1.5
Total Fat (g)	0.2
Carbohydrate, total (g)	6.7
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.9
Sugars, total (g)	4.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	41
Phosphorus, P (mg)	23
Iron, Fe (mg)	1.1
Sodium, Na (mg)	3

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	155
Retinol Activity Equivalent, RAE (µg)	13
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	6

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