



**Food ID:** D236

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

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

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

**Edible portion:** 95%

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

|                           |     |
|---------------------------|-----|
| Water (g)                 | 88  |
| Energy, calculated (kcal) | 47  |
| Protein (g)               | 2.2 |
| Total Fat (g)             | 0.3 |
| Carbohydrate, total (g)   | 8.8 |
| Ash, total (g)            | 0.7 |

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

|                          |     |
|--------------------------|-----|
| Fiber, total dietary (g) | 4.5 |
| Sugars, total (g)        | -   |

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

|                    |     |
|--------------------|-----|
| Calcium, Ca (mg)   | 49  |
| Phosphorus, P (mg) | 45  |
| Iron, Fe (mg)      | 0.4 |
| Sodium, Na (mg)    | 6   |

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

|                                       |      |
|---------------------------------------|------|
| Retinol, Vitamin A (µg)               | 0    |
| beta-Carotene (µg)                    | 295  |
| Retinol Activity Equivalent, RAE (µg) | 25   |
| Thiamin, Vitamin B1 (mg)              | 0.09 |
| Riboflavin, Vitamin B2 (mg)           | 0.08 |
| Niacin (mg)                           | 1.2  |
| Ascorbic Acid, Vitamin C (mg)         | 18   |

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

|                                         |      |
|-----------------------------------------|------|
| Fatty acids, saturated, total (g)       | 0.08 |
| Fatty acids, monounsaturated, total (g) | 0.03 |
| Fatty acids, polyunsaturated, total(g)  | 0.13 |
| Cholesterol (mg)                        | 0    |