



Food ID: D238

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

Scientific name: *Vigna unguiculata ssp. sesquipedalis*

Alternate/Common name(s): Sitaw buto, berde, sariwa

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	70
Energy, calculated (kcal)	119
Protein (g)	9.2
Total Fat (g)	0.8
Carbohydrate, total (g)	18.8
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.6
Sugars, total (g)	3.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	72
Phosphorus, P (mg)	126
Iron, Fe (mg)	0.4
Sodium, Na (mg)	6

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	40
Retinol Activity Equivalent, RAE (µg)	3
Thiamin, Vitamin B1 (mg)	0.38
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	20

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.21
Fatty acids, monounsaturated, total (g)	0.07
Fatty acids, polyunsaturated, total(g)	0.35
Cholesterol (mg)	0