



**Food ID:** D239

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

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

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

**Edible portion:** 100%

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

Water (g)	69.4
Energy, calculated (kcal)	119
Protein (g)	12.7
Total Fat (g)	0.4
Carbohydrate, total (g)	16.1
Ash, total (g)	1.4

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

Fiber, total dietary (g)	3.7
Sugars, total (g)	4

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

Calcium, Ca (mg)	86
Phosphorus, P (mg)	144
Iron, Fe (mg)	1.2
Sodium, Na (mg)	5

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.34
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	1.5
Ascorbic Acid, Vitamin C (mg)	14

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

Fatty acids, saturated, total (g)	0.1
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.17

Cholesterol (mg)

0