



Food ID: D261

Food name and Description: Yam bean, pod

Scientific name: *Pachyrhizus erosus*

Alternate/Common name(s): Singkamas bunga

Edible portion: 90%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	86.8
Energy, calculated (kcal)	52
Protein (g)	2.6
Total Fat (g)	0.3
Carbohydrate, total (g)	9.6
Ash, total (g)	0.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.2
Sugars, total (g)	5.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	125
Phosphorus, P (mg)	40
Iron, Fe (mg)	1.3
Sodium, Na (mg)	12

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	345
Retinol Activity Equivalent, RAE (µg)	29
Thiamin, Vitamin B1 (mg)	0.11
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0