



Republic of the Philippines

Department of Science and Technology

FOOD AND NUTRITION RESEARCH INSTITUTE

General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: D272

Food name and Description: Winged bean pod

Scientific name: *Psophocarpus tetragonolobus*

Alternate/Common name(s): Sigarilyas/Kalamismis, bunga

Edible portion: 97%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	92.1
Energy, calculated (kcal)	31
Protein (g)	2
Total Fat (g)	0.3
Carbohydrate, total (g)	5.1
Ash, total (g)	0.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.1
Sugars, total (g)	2.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	38
Phosphorus, P (mg)	20
Iron, Fe (mg)	0.5
Potassium, K (mg)	169
Sodium, Na (mg)	8
Zinc, Zn (mg)	0.1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (μg)	0
beta-Carotene (μg)	376
Retinol Activity Equivalent, RAE (μg)	31
Thiamin, Vitamin B1 (mg)	0.34
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.08
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0.02
Stearic, C18 (g)	0.01
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.09
Oleic , C18:1 (g)	0.09
Fatty acids, polyunsaturated, total(g)	0.06
Linoleic, C18:2 (g)	0.06
Linolenic, C18:3 (g)	0.01
Cholesterol (mg)	0