



Food ID: D273

Food name and Description: Winged bean pod, boiled

Scientific name: *Psophocarpus tetragonolobus*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	91.2
Energy, calculated (kcal)	35
Protein (g)	1.6
Total Fat (g)	0.3
Carbohydrate, total (g)	6.4
Ash, total (g)	0.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.5
Sugars, total (g)	2.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	63
Phosphorus, P (mg)	32
Iron, Fe (mg)	0.6
Sodium, Na (mg)	9

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	235
Retinol Activity Equivalent, RAE (µg)	20
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	5

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.08
Fatty acids, monounsaturated, total (g)	0.09
Fatty acids, polyunsaturated, total(g)	0.06
Cholesterol (mg)	0