

Basic Report 16136, Winged beans, mature seeds, cooked, boiled, without salt

Report Date: May 27, 2019 00:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 172g
Proximates			
Water	g	67.19	115.57
Energy	kcal	147	253
Protein	g	10.62	18.27
Total lipid (fat)	g	5.84	10.04
Carbohydrate, by difference	g	14.94	25.70
Minerals			
Calcium, Ca	mg	142	244
Iron, Fe	mg	4.33	7.45
Magnesium, Mg	mg	54	93
Phosphorus, P	mg	153	263
Potassium, K	mg	280	482
Sodium, Na	mg	13	22
Zinc, Zn	mg	1.44	2.48
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.295	0.507
Riboflavin	mg	0.129	0.222
Niacin	mg	0.830	1.428
Vitamin B-6	mg	0.047	0.081
Folate, DFE	µg	10	17
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Lipids			

Nutrient	Unit	1 Value Per100 g	1 cup 172g
Fatty acids, total saturated	g	0.825	1.419
Fatty acids, total monounsaturated	g	2.153	3.703
Fatty acids, total polyunsaturated	g	1.551	2.668
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other