

Basic Report 16135, Winged beans, mature seeds, raw

Report Date: June 18, 2019 07:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 182g
Proximates			
Water	g	8.34	15.18
Energy	kcal	409	744
Protein	g	29.65	53.96
Total lipid (fat)	g	16.32	29.70
Carbohydrate, by difference	g	41.71	75.91
Fiber, total dietary	g	25.9	47.1
Minerals			
Calcium, Ca	mg	440	801
Iron, Fe	mg	13.44	24.46
Magnesium, Mg	mg	179	326
Phosphorus, P	mg	451	821
Potassium, K	mg	977	1778
Sodium, Na	mg	38	69
Zinc, Zn	mg	4.48	8.15
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	1.030	1.875
Riboflavin	mg	0.450	0.819
Niacin	mg	3.090	5.624
Vitamin B-6	mg	0.175	0.319
Folate, DFE	µg	45	82
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

Nutrient	Unit	1 Value Per100 g	1 cup 182g
Lipids			
Fatty acids, total saturated	g	2.303	4.191
Fatty acids, total monounsaturated	g	6.012	10.942
Fatty acids, total polyunsaturated	g	4.330	7.881
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0