

## Basic Report 11896, Winged bean, immature seeds, cooked, boiled, drained, with salt

Report Date: March 22, 2018 15:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 62g	0.5 cup 31g
<b>Proximates</b>				
Water	g	90.11	55.87	27.93
Energy	kcal	37	23	11
Protein	g	5.31	3.29	1.65
Total lipid (fat)	g	0.66	0.41	0.20
Carbohydrate, by difference	g	3.21	1.99	1.00
<b>Minerals</b>				
Calcium, Ca	mg	61	38	19
Iron, Fe	mg	1.09	0.68	0.34
Magnesium, Mg	mg	30	19	9
Phosphorus, P	mg	25	16	8
Potassium, K	mg	274	170	85
Sodium, Na	mg	240	149	74
Zinc, Zn	mg	0.28	0.17	0.09
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	9.8	6.1	3.0
Thiamin	mg	0.086	0.053	0.027
Riboflavin	mg	0.072	0.045	0.022
Niacin	mg	0.652	0.404	0.202
Vitamin B-6	mg	0.082	0.051	0.025
Folate, DFE	µg	35	22	11
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	4	2	1
Vitamin A, IU	IU	88	55	27
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

### Lipids

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 62g</b>	<b>0.5 cup 31g</b>
Fatty acids, total saturated	g	0.101	0.063	0.031
Fatty acids, total monounsaturated	g	0.237	0.147	0.073
Fatty acids, total polyunsaturated	g	0.177	0.110	0.055
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

**Amino Acids**

**Other**