

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

Report Date: June 27, 2017 23:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 62g	0.5 cup 31g
Proximates				
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
Minerals				
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
Vitamins				
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

Nutrient	Unit	1 Value Per100 g	1 cup 62g	0.5 cup 31g
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