

Basic Report 11595, Winged beans, immature seeds, raw

Report Date: May 26, 2019 23:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup slices 44g	1 pod 16g
Proximates				
Water	g	87.04	38.30	13.93
Energy	kcal	49	22	8
Protein	g	6.95	3.06	1.11
Total lipid (fat)	g	0.87	0.38	0.14
Carbohydrate, by difference	g	4.31	1.90	0.69
Minerals				
Calcium, Ca	mg	84	37	13
Iron, Fe	mg	1.50	0.66	0.24
Magnesium, Mg	mg	34	15	5
Phosphorus, P	mg	37	16	6
Potassium, K	mg	223	98	36
Sodium, Na	mg	4	2	1
Zinc, Zn	mg	0.39	0.17	0.06
Vitamins				
Vitamin C, total ascorbic acid	mg	18.3	8.1	2.9
Thiamin	mg	0.140	0.062	0.022
Riboflavin	mg	0.100	0.044	0.016
Niacin	mg	0.900	0.396	0.144
Vitamin B-6	mg	0.113	0.050	0.018
Folate, DFE	µg	66	29	11
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, IU	IU	128	56	20
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Lipids				
Fatty acids, total saturated	g	0.238	0.105	0.038

Nutrient	Unit	1 Value Per100 g	1 cup slices 44g	1 pod 16g
Fatty acids, total monounsaturated	g	0.250	0.110	0.040
Fatty acids, total polyunsaturated	g	0.186	0.082	0.030
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0