

Basic Report 11599, Winged bean tuber, raw

Report Date: May 27, 2019 00:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	57.40
Energy	kcal	148
Protein	g	11.60
Total lipid (fat)	g	0.90
Carbohydrate, by difference	g	28.10
Minerals		
Calcium, Ca	mg	30
Iron, Fe	mg	2.00
Magnesium, Mg	mg	24
Phosphorus, P	mg	45
Potassium, K	mg	586
Sodium, Na	mg	35
Zinc, Zn	mg	1.39
Vitamins		
Vitamin C, total ascorbic acid	mg	0.0
Thiamin	mg	0.379
Riboflavin	mg	0.149
Niacin	mg	1.640
Vitamin B-6	mg	0.075
Folate, DFE	µg	19
Vitamin B-12	µg	0.00
Vitamin A, RAE	µg	0
Vitamin A, IU	IU	0
Vitamin D (D2 + D3)	µg	0.0
Vitamin D	IU	0
Lipids		

Nutrient	Unit	1 Value Per100 g
Fatty acids, total saturated	g	0.222
Fatty acids, total monounsaturated	g	0.234
Fatty acids, total polyunsaturated	g	0.174
Fatty acids, total trans	g	0.000
Cholesterol	mg	0

Amino Acids

Other