



Food Code: C100
 Thai name: ถั่วเขียว, ปอกเปลือก, ผ่าซีก, นึ่ง
 English name: Mung bean, dehulled, split, steamed
 Scientific name: Vigna radiata

Nutrients (สารอาหาร)	Tag Name	Detail (รายละเอียด)	Unit (หน่วย)	Content per 100 g of food (ปริมาณ ต่อ 100 กรัมอาหาร)	Deriv. by	n	Min	Max	SD	Footnote	Last updated
Density	DEN	use this column only for liquid food item	g/mL	-	Not analysed	-	-	-	-		
Edible portion	EDIBLE	Not all food items have this information. In the future we will have to add them all	%	-	Not analysed	-	-	-	-		
Energy, by calculation	ENERC	Calculated by (4 x g protein) + (9 x g fat) + (4 x g CHOAVLDF) + (2 x g dietary fibre) (not include alcohol)	kcal	177	Calculated	-	-	-	-		01/10/2015
Total energy - by calculation	ENERCT	If CHOAVLDF was not available, CHOCDF was used. Energy value was calculated as follows and put in parenthesis. Calculated by (4 x g protein)+(9 x g fat)+(4 x g CHOCDF)	kcal	-	Not calculated	-	-	-	-		
Moisture	WATER	All methods	g	54.7	Analysed	6	-	-	1.4		01/10/2015
Protein, total	PROTCNT	Kjeldahl method	g	12.01	Analysed	6	-	-	0.34		01/10/2015
True protein	PROTCNP		g	-	Not analysed	-	-	-	-		
Fat, total	FAT	All methods, choose higher values based on values obtained from method with acid digestion	g	1.78	Analysed	4	-	-	0.08		01/10/2015
Carbohydrate, available	CHOAVLDF	Calculated by difference: CHOAVLDF = 100 - (weight in grams [water + protein + fat + dietary fibre + ash] in 100 g food)	g	25.98	Calculated	-	-	-	-		01/10/2015



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Carbohydrate, total	CHOCDF	CHOCDF = 100 g □ (weight in grams [water + protein + fat + ash] in 100 g food) (use this calculation when FIBTG data was not available)	g	-	Not calculated	-	-	-	-		
Dietary fibre	FIBTG	Enzymatic gravimetric method	g	4.3	Analysed	6	-	-	0.9		01/10/2015
Ash	ASH	All methods	g	1.22	Analysed	4	-	-	0.04		01/10/2015
Calcium	CA	AOAC method	mg	12	Analysed	3	-	-	2		01/10/2015
Phosphorus	P	AOAC method	mg	-	Not analysed	-	-	-	-		
Magnesium	MG	AOAC method	mg	56	Analysed	3	-	-	9		01/10/2015
Sodium	NA	AOAC method	mg	1	Analysed	3	-	-	0		01/10/2015
Potassium	K	AOAC method	mg	418	Analysed	3	-	-	47		01/10/2015
Iron	FE	AOAC method	mg	2.16	Analysed	3	-	-	0.22		01/10/2015
Copper	CU	AOAC method	mg	-	Not analysed	-	-	-	-		
Zinc	ZN	AOAC method	mg	1.31	Analysed	3	-	-	0.20		01/10/2015
Selenium	SE		mcg	-	Not analysed	-	-	-	-		
Retinol	RETOL	AOAC - HPLC method	mcg	0	Assumed zero	-	-	-	-		01/10/2015
b-carotene	CARTB	AOAC - HPLC method	mcg	-	Not analysed	-	-	-	-		
Vitamin A; retinol activity equivalent	VITA_RAE	Calculated by mcg retinol + 1/12 mcg b-carotene	mcg	-	Not calculated	-	-	-	-		
Vitamin D (D2+D3)	VITD		mcg	-	Not analysed	-	-	-	-		
Alpha-tocopherol	TOCPHA	AOAC method	mg	-	Not analysed	-	-	-	-		
Thiamin	THIA	AOAC method	mg	-	Not analysed	-	-	-	-		
Riboflavin	RIBF	AOAC method	mg	-	Not analysed	-	-	-	-		



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Niacin	NIA	AOAC method	mg	-	Not analysed	-	-	-	-		
Vitamin B-6, total	VITB6A	Microbiological assay	mg	-	Not analysed	-	-	-	-		
Folate, total	FOL	Microbiological assay	mcg	-	Not analysed	-	-	-	-		
Vitamin B-12	VITB12	Microbiological assay	mcg	-	Not analysed	-	-	-	-		
Vitamin C	VITC	AOAC - HPLC method	mg	-	Not analysed	-	-	-	-		
Sugars, total	SUGAR	AOAC - HPLC method	g	0.11	Analysed	6	-	-	0.04		01/10/2015
Fatty acids, total saturated	FASAT	AOAC - GLC method	g	0.66	Analysed	3	-	-	0.08		01/10/2015
Fatty acids, total monounsaturated	FAMU		g	0.14	Analysed	3	-	-	0.05		01/10/2015
Fatty acids, total polyunsaturated	FAPU	AOAC - GLC method	g	0.85	Analysed	3	-	-	0.06		01/10/2015
Fatty acids, total omega-3 polyunsaturated	FAPUN3	AOAC - GLC method	g	0.19	Analysed	3	-	-	0.02		01/10/2015
Fatty acids, total omega-6 polyunsaturated	FAPUN6	AOAC - GLC method	g	0.66	Analysed	3	-	-	0.04		01/10/2015
Cholesterol	CHOLE		mg	0	Assumed zero	-	-	-	-		01/10/2015