

Beans World Mungo
(Vigna radiata L.)

Nutritional information

Mung bean

Amount per 100 grams

- Calories 347
- Total Fat 1.2 g
- Saturated Fats 0.3 g
- Polyunsaturated Fats 0.4 g
- Monounsaturated fats 0.2 g
- Cholesterol 0 mg
- Sodium 15 mg
- Potassium 1,246 mg
- Carbohydrates 63 g
- Fiber Feed 16 g
- Sugar 7 g
- Proteins 24 g
- Vitamin A 114 IU
- Calcium 132 mg
- Vitamin D 0 IU
- Vitamin B12 0 µg
- Vitamin C 4.8 mg
- Iron 6.7 mg
- Vitamin B6 0.4 mg
- Magnesium 189 mg