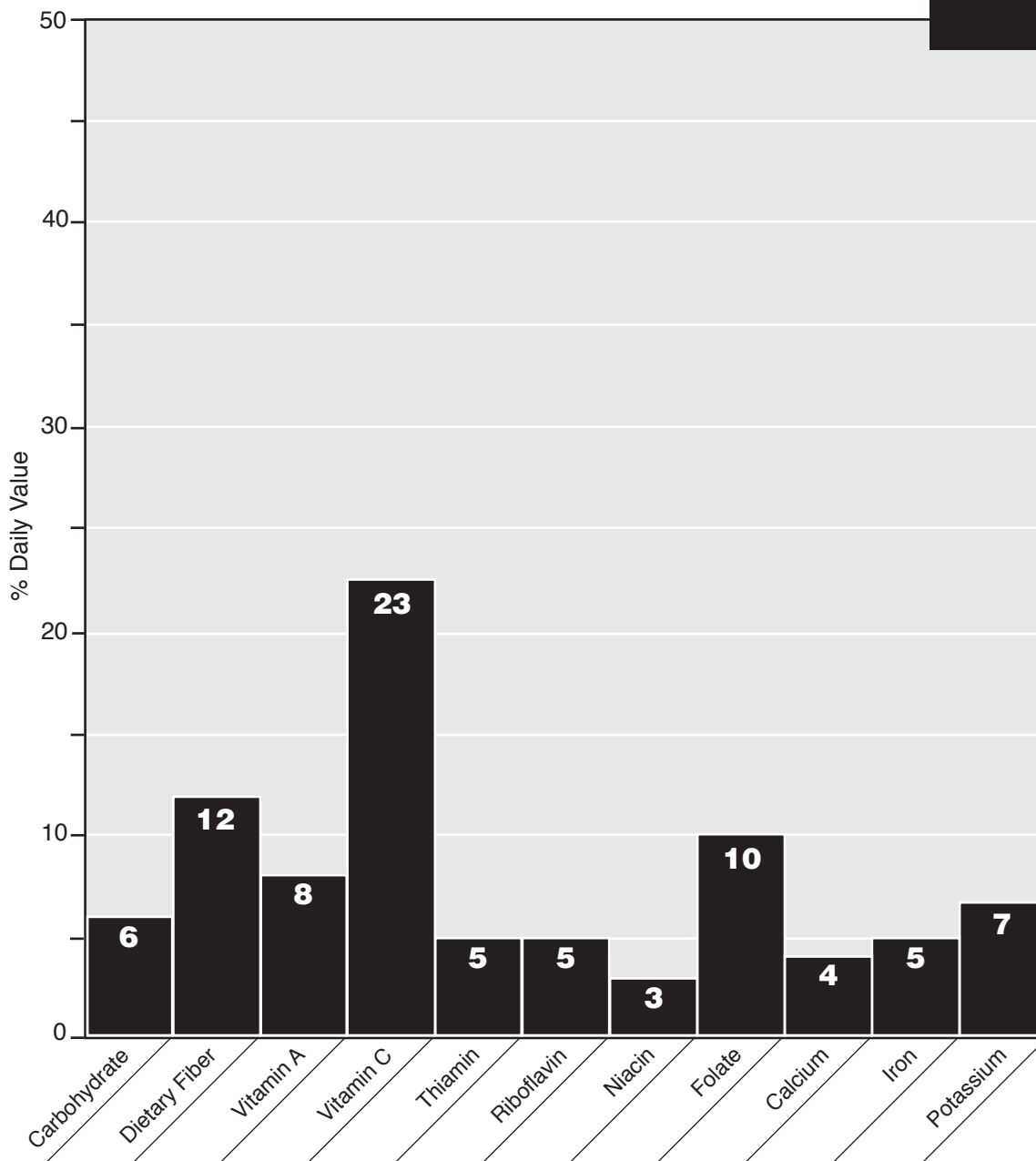


# Chinese Long Bean

Fabaceae *Vigna sesquipedalis*

(analysis based on boiled, drained Chinese long bean)



## Serving Size

- 1/2 Cup Chopped
- 84 Grams
- 39 Calories
  - 2% from fat
  - 16% from protein
  - 80% from carbohydrate
- 2 Grams Protein
- 8 Grams Carbohydrate
  - 3 grams dietary fiber
- 0.1 Gram Fat
- 73 Grams Water
- 3 Milligrams Sodium

