

Integrating Gender and Nutrition within Agricultural Extension Services

Info Sheet
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Mung Beans

Nutritional Value and Recipes

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Audience:

Extension Field Agents

Purpose:

To describe the nutritional properties of mung beans.



Nutritional Benefits of Mung Bean:

- **Bone Health:** Calcium, magnesium, phosphorus, vitamins K, B6 and folate support bone health (OSU, 2017).
- **Blood Health:** Iron, vitamin B6, folate and vitamin K support healthy blood (Sizer and Whitney, 2016).
- **Blood pressure:** Adequate amount of minerals such as potassium, magnesium and calcium help keep blood pressure in healthy range (Harvard Medical School, 2017).

Nutritional Value of Mung Beans

Mung beans are a type of legume. It is a good source of calories, protein and other valuable nutrients. Mung beans are most commonly eaten cooked, either in a soup or ground into flour for breads and noodles. Often before the beans are cooked they are soaked in water to reduce the cooking time. However, when foods are soaked and cooked in water, some of the nutrients they contain dissolve into the water. If the water used for soaking and cooking is then discarded, the water-soluble nutrients are lost, such as vitamins B and C (USDA, 2007; Conde nest 2014).

Mung beans are a good source of vitamins, such as vitamin B6, K and folate, as well as minerals, such as calcium, iron, magnesium, phosphorus and potassium (USDA, 2007). In addition to these vitamins and minerals, mung beans are also a rich source of plant protein. One hundred grams of mung beans contains 23 g of protein (USDA, 2017). For example, an adult woman who weighs 60 kg needs about 48 g of protein a day. Therefore, the amount of mung beans that fits in a cup would be almost half the protein that the woman would need for a day.

In the box on the left, the main nutritional benefits of including mung beans in our diets are listed. Each one of the listed minerals and vitamins has a specific function in the body. It does not mean, however, that this is all they do. The vitamins and minerals in mung beans provide three main benefits to humans. They support: bone health, blood health and blood pressure. Any person at any age can benefit from having strong bones and healthy blood that delivers oxygen to all cells of the body. Finally, adults, in particular, can benefit from keeping the blood pressure in a healthy range.



Recipes with Mung Beans

Mung Bean Soup

Serves 4 people; cooking time – 1 hour

Ingredients:

- 200 grams of mung beans
- 2 medium onions, chopped
- 2 medium carrots, chopped
- 50 grams of butter
- 300 grams of ground beef
- 1 bunch of parsley or dill
- Iodized salt, ground pepper to taste
- 2 liters of water

How to prepare:

- Thoroughly wash all vegetables.
 - Heat the butter in a cooking pan and sauté chopped onions, ground beef and carrots.
 - Add water and boil.
 - Add mung beans (soaked in water prior to adding to the cooking bouillon. Do not salt.
 - Cook the mung bean until its grains crack.
 - Right before serving add salt, black pepper and greenery for extra flavor.
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Mung Bean and Potato Puree

Serves 4 people; cooking time – 1 hour

Ingredient:

- 2 large potatoes
- 100 grams of mung beans
- 3 tablespoons of vegetable oil
- 1 bowl of boiled potato broth
- Iodized salt

How to prepare:

- Thoroughly wash all vegetables.
 - Peel the potatoes and then cut into several pieces, and boil in the water.
 - Cook mung beans in water until its grains crack.
 - In a mixing bowl, mix the potatoes and mung beans and whip them, if the mixture turns hard, then add broth from boiled potatoes to soften it.
 - Add vegetable oil, salt and mix.
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Mung Bean Salad

Serves 4 people; cooking time – 30 minutes

Ingredients:

- 200 grams of mung beans, boiled
- 2 medium onions, chopped
- 1 large carrot, chopped
- 1 teaspoon of ground red pepper
- 1 teaspoon of dill seeds
- 1 piece of red sweet pepper, chopped
- Iodized salt to taste

How to prepare:

- Thoroughly wash all vegetables before chopping
- Cook the previously soaked mung beans in water until its grains crack.
- Heat the oil in a frying pan and sauté the onion with the dill seeds.
- Add the tomato and sauté a little longer.
- Pour the water out of the cooked mung beans and add the mung beans to the fried mixture.
- Add the ground pepper and leave for 5 minutes on low heat.
- Take the dish from heat, add salt to taste and stir it well.

Salad with Sprouted Mung Beans

Serves 4 people; cooking time – 1 hour

Ingredients:

- 200 grams of mung beans (previously sprouted)
- 2 medium onions, chopped
- 2 cloves of garlic, minced or sliced
- 2 tablespoons of vegetable oil
- 2 bunches of dill or parsley
- ½ of lemon juice
- A pinch of red ground pepper
- Iodized salt, black ground pepper to taste

How to prepare:

- Heat the vegetable oil in a frying pan and sauté the onion until it turns golden, add red pepper and cook for few more minutes.
 - Add the garlic and continue to sauté.
 - Wash the sprouted mung beans and cook beans in very little water without salt (covering the pot during cooking will allow mung beans cooked in the steam losing less nutrients).
 - Take the mung beans out of the pot and put the mung beans in a separate bowl.
 - Add the sautéed mixture to the beans and mix well.
 - Add lemon juice, black pepper and salt, and mix.
 - Decorate the dish with greens.
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Mung Bean Salad

Serves 4 people; cooking time – 30 minutes

Ingredients:

- 200 grams of mung beans, boiled
- 2 medium onions, chopped
- 1 large carrot, chopped
- 1 teaspoon of ground red pepper
- 1 teaspoon of dill seeds
- 1 piece of red sweet pepper, chopped
- Iodized salt to taste

How to prepare:

- Thoroughly wash all vegetables before chopping
 - Cook the previously soaked mung beans in water until its grains crack.
 - Heat the oil in a frying pan and sauté the onion with the dill seeds.
 - Add the tomato and sauté a little longer.
 - Pour the water out of the cooked mung beans and add the mung beans to the fried mixture.
 - Add the ground pepper and leave for 5 minutes on low heat.
 - Take the dish from heat, add salt to taste and stir it well.
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Mung Bean, Sweet Pepper and Spinach

Serves 4 people; cooking time - 15 minutes

Ingredients:

- Half a cup of mung beans
- 2 bunches of spinach
- 2 cloves of garlic
- 1 medium onion, chopped
- 2 pieces of sweet red pepper
- 2 tablespoons of vegetable oil
- 1 bunch of dill or parsley
- 2 tablespoons of lemon juice
- Iodized salt to taste

How to prepare:

- Thoroughly wash all vegetables and spinach
- Prepare half a cup of mung beans beforehand, wash them and cook until they are ready.
- Heat the oil in a frying pan and sauté the chopped onion for 1 minute.
- Cut garlic and sweet pepper into small/ medium pieces and add them to the pan with onions. Sauté everything together for more 2 minutes.
- Add cooked mung beans to the pan, mix well and sauté the mixture for one more minute.
- Top with spinach (chopped into small pieces), lemon juice and salt.
- Put the food on the plate and decorate with greens.

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