

# Uses

ID	1,352
Crop ID	Winged Bean
Part	Seed
Use Category	Food
Notes	Immature seeds are used in soups etc. Mature seeds are eaten cooked. They are very nutritious, being rich in oil (up to 17%), protein, vitamin E and calcium. The seed can also be roasted and eaten like peanuts or fermented and used as tempeh.
Metadata ID	8,436