PLANT FACT SHEET

Mucuna glabra (Reinecke) Wilmot-Dear

GENUS *Mucuna* **FAMILY** Fabaceae

COMMON NAMES Tupe

EDIBLE PARTS AND USES

Edible parts: Seeds, Roots

The seeds are roasted until the burst then the hull is removed and the seed ground into flour. It is sieved and washed in several changes of water to remove toxic elements. It is then dried and used.
The roots are processed similarly.

DESCRIPTION

A bean herb.

HABITAT

A tropical plant.

NOTES

There are about 100 Mucuna species. They grow in tropical places. Chemical composition (seeds): Protein = 28.50%. Total carbohydrate = 54.57% (as starch = 48.5%). Moisture = 8.3%. Ether extract = 1.46%. Minerals = 2.23%. Fibre (crude, etc.) = 4.91%. Ash: CaO = 6.55% (0.416% in flour). Fe20 = 0.3% (0.007% in flour). Thiamine = 430mcg per 100g (N.B. this is 29% higher than meat). Calcium = 110mg%. (Root): Protein = 8.8%. Total carbohydrate = 52.1% (as starch 38.0%). Moisture = 12.0%. Minerals = 4.3%. Fibre (crude, etc.) = 22.8%. Ash: Si0 = 39.2% (1.68% in flour). CaO = 17.1% (0.74% in flour). Fe203 = 0.5 (0.02% in flour). Thiamine = 154mcg per 100g. Riboflavin = negative.

REFERENCES

DE CASTRO,

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 56

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2cb8baa2-9827-40f8-b187-2f0904a3c6b1