



Food ID: B006

Food name and Description: Palauan

Scientific name: *Cyrtosperma merkusii*

Alternate/Common name(s): Galiang/Swamp taro

Edible portion: 75%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	61.4
Energy, calculated (kcal)	153
Protein (g)	0.5
Total Fat (g)	0.2
Carbohydrate, total (g)	37.3
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5.4
Sugars, total (g)	0.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	232
Phosphorus, P (mg)	10
Iron, Fe (mg)	1.8
Sodium, Na (mg)	14

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	470
Retinol Activity Equivalent, RAE (µg)	39
Thiamin, Vitamin B1 (mg)	0.23
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	10

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0