

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: B015 Food name and Description: Taro Scientific name: *Colocasia esculenta* Alternate/Common name(s): Gabi Edible portion: 77%

# Proximates (Food Composition per 100g Edible Portion)

Water (g)	64.1
Energy, calculated (kcal)	141
Protein (g)	2.3
Total Fat (g)	0.2
Carbohydrate, total (g)	32.6
Ash, total (g)	0.8

#### Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5
Sugars, total (g)	0.5

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	39
Phosphorus, P (mg)	62
Iron, Fe (mg)	0.9
Sodium, Na (mg)	13

### Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (μg)	30
Retinol Activity Equivalent, RAE (µg)	3
Thiamin, Vitamin B1 (mg)	0.17
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	1.2
Niacin from tryptophan (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	9

#### Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0.04
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.08

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 16:35:04 Cholesterol (mg)