



**Food ID:** B017

**Food name and Description:** White spot arum

**Scientific name:** *Amorphophallus paeoniifolius*

**Alternate/Common name(s):** Pongapong

**Edible portion:** 91%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	84.4
Energy, calculated (kcal)	61
Protein (g)	3.1
Total Fat (g)	0.2
Carbohydrate, total (g)	11.7
Ash, total (g)	0.6

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

Fiber, total dietary (g)	2.1
Sugars, total (g)	0.3

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	64
Phosphorus, P (mg)	42
Iron, Fe (mg)	0.6
Sodium, Na (mg)	5

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	6

## **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