



Food ID: B029

Food name and Description: Cassava pudding

Scientific name:

Alternate/Common name(s): Kamoteng kahoy, budin

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	49.3
Energy, calculated (kcal)	203
Protein (g)	1.2
Total Fat (g)	0.5
Carbohydrate, total (g)	48.4
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	26.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	62
Phosphorus, P (mg)	44
Iron, Fe (mg)	0.7
Sodium, Na (mg)	261

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)	0.12
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.12
Fatty acids, monounsaturated, total (g)	0.33
Fatty acids, polyunsaturated, total(g)	0.01
Cholesterol (mg)	0