



Food ID: C016

Food name and Description: Java olive seed, dried

Scientific name: *Sterculia foetida* L.

Alternate/Common name(s): Kalumpang buto, tuyo

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	2.3
Energy, calculated (kcal)	603
Protein (g)	15.4
Total Fat (g)	45
Carbohydrate, total (g)	34.1
Ash, total (g)	3.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	12.8
Sugars, total (g)	4.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	84
Phosphorus, P (mg)	312
Iron, Fe (mg)	3.2
Sodium, Na (mg)	1

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)	0.02
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.43
Fatty acids, monounsaturated, total (g)	28.44
Fatty acids, polyunsaturated, total(g)	11.11
Cholesterol (mg)	0