

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

FNRI



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

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