



**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