



Food ID: C017

Food name and Description: Kaatoan bangkal seed, dried

Scientific name: *Neolamarckia cadamba*

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	11.6
Energy, calculated (kcal)	339
Protein (g)	14.4
Total Fat (g)	0.4
Carbohydrate, total (g)	69.5
Ash, total (g)	4.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	628
Phosphorus, P (mg)	161
Iron, Fe (mg)	93.7
Sodium, Na (mg)	-

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)	0.47
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-