

**Food ID:** C025**Food name and Description:** Marang seed, dried**Scientific name:** *Artocarpus odoratissimus***Alternate/Common name(s):** Johey oak, seed**Edible portion:** 78%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	37.9
Energy, calculated (kcal)	305
Protein (g)	7.4
Total Fat (g)	12.5
Carbohydrate, total (g)	40.7
Ash, total (g)	1.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	7.4
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	83
Phosphorus, P (mg)	142
Iron, Fe (mg)	2
Sodium, Na (mg)	36

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)	0.31
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.37
Fatty acids, monounsaturated, total (g)	1.59
Fatty acids, polyunsaturated, total(g)	6.66
Cholesterol (mg)	0