



Food ID: C026

Food name and Description: Marang seed, dried, boiled

Scientific name: *Artocarpus odoratissimus*

Alternate/Common name(s): Johey oak, seed, boiled

Edible portion: 70%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	49
Energy, calculated (kcal)	238
Protein (g)	5.7
Total Fat (g)	7.6
Carbohydrate, total (g)	36.6
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	6
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	62
Phosphorus, P (mg)	109
Iron, Fe (mg)	1.6
Sodium, Na (mg)	29

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)	0.21
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.05
Fatty acids, monounsaturated, total (g)	0.97
Fatty acids, polyunsaturated, total(g)	4.05
Cholesterol (mg)	0