



**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