



**Food ID:** C033

**Food name and Description:** Negro coffee seed, dried

**Scientific name:** *Senna occidentalis*

**Alternate/Common name(s):** Balatong aso buto, tuyo/Coffee senna seed, dried

**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

|                           |      |
|---------------------------|------|
| Water (g)                 | 6.3  |
| Energy, calculated (kcal) | 373  |
| Protein (g)               | 17.5 |
| Total Fat (g)             | 2.6  |
| Carbohydrate, total (g)   | 69.8 |
| Ash, total (g)            | 3.8  |

### **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)   | 201 |
| Phosphorus, P (mg) | 345 |
| Iron, Fe (mg)      | 4.2 |
| Sodium, Na (mg)    | -   |

### **Vitamins** (Food Composition per 100g Edible Portion)

|                                       |      |
|---------------------------------------|------|
| Retinol, Vitamin A (µg)               | 0    |
| beta-Carotene (µg)                    | 335  |
| Retinol Activity Equivalent, RAE (µg) | 28   |
| Thiamin, Vitamin B1 (mg)              | 0.44 |
| Riboflavin, Vitamin B2 (mg)           | 0.24 |
| Niacin (mg)                           | 1.4  |
| 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) -