



Food ID: C041

Food name and Description: Pili nut

Scientific name: *Canarium ovatum*

Alternate/Common name(s): Pili bunga

Edible portion: 16%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	8
Energy, calculated (kcal)	699
Protein (g)	14.2
Total Fat (g)	68.5
Carbohydrate, total (g)	6.4
Ash, total (g)	2.9

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)	135
Phosphorus, P (mg)	520
Iron, Fe (mg)	2.6
Sodium, Na (mg)	3

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)	0.95
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	29

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	26.86
Fatty acids, monounsaturated, total (g)	32.07
Fatty acids, polyunsaturated, total(g)	6.55
Cholesterol (mg)	0