



Food ID: C069

Food name and Description: Watermelon seed, dried, salted

Scientific name:

Alternate/Common name(s): Butong pakwan

Edible portion: 35%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	9.9
Energy, calculated (kcal)	562
Protein (g)	40.2
Total Fat (g)	43.2
Carbohydrate, total (g)	3.1
Ash, total (g)	3.6

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)	54
Phosphorus, P (mg)	444
Iron, Fe (mg)	5.6
Sodium, Na (mg)	94

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)	0.02
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	8.92
Fatty acids, monounsaturated, total (g)	6.75
Fatty acids, polyunsaturated, total(g)	25.62
Cholesterol (mg)	0