



**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