



Food ID: D008

Food name and Description: Bago bagin fruit, boiled

Scientific name: *Gnetum gnemon*

Alternate/Common name(s): Spanish joint-fir, fruit, boiled

Edible portion: 31%

Proximates (Food Composition per 100g Edible Portion)

| | |
|---------------------------|------|
| Water (g) | 59.7 |
| Energy, calculated (kcal) | 159 |
| Protein (g) | 5.8 |
| Total Fat (g) | 0.4 |
| Carbohydrate, total (g) | 33.1 |
| Ash, total (g) | 1 |

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) | 26 |
| Phosphorus, P (mg) | 65 |
| Iron, Fe (mg) | 1.7 |
| Sodium, Na (mg) | - |

Vitamins (Food Composition per 100g Edible Portion)

| | |
|---------------------------------------|------|
| Retinol, Vitamin A (µg) | 0 |
| beta-Carotene (µg) | 40 |
| Retinol Activity Equivalent, RAE (µg) | 3 |
| Thiamin, Vitamin B1 (mg) | 0.3 |
| Riboflavin, Vitamin B2 (mg) | 0.11 |
| Niacin (mg) | 0.7 |
| Ascorbic Acid, Vitamin C (mg) | 20 |

Lipids (Food Composition per 100g Edible Portion)

| | |
|---|---|
| Fatty acids, saturated, total (g) | - |
| Fatty acids, monounsaturated, total (g) | - |
| Fatty acids, polyunsaturated, total(g) | - |
| Cholesterol (mg) | 0 |