

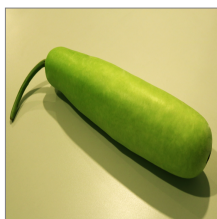


Republic of the Philippines

Department of Science and Technology

FOOD AND NUTRITION RESEARCH INSTITUTE

General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: D025

Food name and Description: Bottle gourd fruit

Scientific name: *Lagenaria siceraria*

Alternate/Common name(s): Upo bunga

Edible portion: 90%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	95
Energy, calculated (kcal)	20
Protein (g)	0.4
Total Fat (g)	0.1
Carbohydrate, total (g)	4.3
Ash, total (g)	0.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.7
Sugars, total (g)	2.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	12
Phosphorus, P (mg)	16
Iron, Fe (mg)	0.2
Potassium, K (mg)	86
Sodium, Na (mg)	5
Zinc, Zn (mg)	0

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	12
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	2

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.01
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0
Stearic, C18 (g)	0
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.02
Oleic , C18:1 (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.05
Linoleic, C18:2 (g)	0.05
Linolenic, C18:3 (g)	0
Cholesterol (mg)	0