



Food ID: D032

Food name and Description: Bulak-bulakan pod

Scientific name: *Thespesia lampas*

Alternate/Common name(s):

Edible portion: 98%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	82.8
Energy, calculated (kcal)	68
Protein (g)	1.6
Total Fat (g)	0.9
Carbohydrate, total (g)	13.4
Ash, total (g)	1.3

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)	27
Phosphorus, P (mg)	33
Iron, Fe (mg)	0.6
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	170
Retinol Activity Equivalent, RAE (µg)	14
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	1.3
Ascorbic Acid, Vitamin C (mg)	65

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