



Food ID: D042

Food name and Description: Cashew, young lvs, boiled

Scientific name: *Anacardium occidentale*

Alternate/Common name(s): Kasuy talbos, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	85.7
Energy, calculated (kcal)	57
Protein (g)	2.4
Total Fat (g)	0.4
Carbohydrate, total (g)	10.9
Ash, total (g)	0.6

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)	59
Phosphorus, P (mg)	43
Iron, Fe (mg)	1.2
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	3060
Retinol Activity Equivalent, RAE (µg)	255
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	52

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