



Food ID: D051

Food name and Description: Chayote fruit, boiled

Scientific name: *Sechium edule*

Alternate/Common name(s): Sayote bunga, nilaga/Vegetable pear fruit, boiled

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

| | |
|---------------------------|-----|
| Water (g) | 96 |
| Energy, calculated (kcal) | 16 |
| Protein (g) | 0.3 |
| Total Fat (g) | 0.1 |
| Carbohydrate, total (g) | 3.5 |
| Ash, total (g) | 0.1 |

Other Carbohydrate (Food Composition per 100g Edible Portion)

| | |
|--------------------------|-----|
| Fiber, total dietary (g) | 0.4 |
| Sugars, total (g) | 1.7 |

Minerals (Food Composition per 100g Edible Portion)

| | |
|--------------------|-----|
| Calcium, Ca (mg) | 25 |
| Phosphorus, P (mg) | 10 |
| Iron, Fe (mg) | 0.4 |
| Sodium, Na (mg) | 5 |

Vitamins (Food Composition per 100g Edible Portion)

| | |
|---------------------------------------|------|
| Retinol, Vitamin A (µg) | 0 |
| beta-Carotene (µg) | 20 |
| Retinol Activity Equivalent, RAE (µg) | 2 |
| Thiamin, Vitamin B1 (mg) | 0.01 |
| Riboflavin, Vitamin B2 (mg) | 0.01 |
| Niacin (mg) | 0.3 |
| Ascorbic Acid, Vitamin C (mg) | 10 |

Lipids (Food Composition per 100g Edible Portion)

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

Cholesterol (mg)

0