



**Food ID:** D070

**Food name and Description:** East Indian lotus fruit

**Scientific name:** *Nelumbo nucifera*

**Alternate/Common name(s):** Baino bunga

**Edible portion:** 49%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	80.4
Energy, calculated (kcal)	80
Protein (g)	4.1
Total Fat (g)	1.1
Carbohydrate, total (g)	13.5
Ash, total (g)	0.9

### **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)	62
Phosphorus, P (mg)	122
Iron, Fe (mg)	0.9
Sodium, Na (mg)	-

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.22
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	2.1
Ascorbic Acid, Vitamin C (mg)	14

### **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