



Food ID: D083

Food name and Description: Galo seed, boiled

Scientific name: *Anacolosa frutescens*

Alternate/Common name(s):

Edible portion: 29%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	49.9
Energy, calculated (kcal)	215
Protein (g)	5.1
Total Fat (g)	3.7
Carbohydrate, total (g)	40.3
Ash, total (g)	1

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)	22
Phosphorus, P (mg)	127
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)	0.12
Riboflavin, Vitamin B2 (mg)	0.27
Niacin (mg)	3.9
Ascorbic Acid, Vitamin C (mg)	7

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