



Food ID: D090

Food name and Description: Himbaba-o flower

Scientific name: *Broussonetia luzonica*

Alternate/Common name(s): Alokong bulaklak

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	82.9
Energy, calculated (kcal)	68
Protein (g)	6.3
Total Fat (g)	1.1
Carbohydrate, total (g)	8.1
Ash, total (g)	1.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	6.6
Sugars, total (g)	1.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	137
Phosphorus, P (mg)	92
Iron, Fe (mg)	1.6
Potassium, K (mg)	493
Sodium, Na (mg)	17
Zinc, Zn (mg)	1.1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	540
Retinol Activity Equivalent, RAE (µg)	45
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.24
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	9

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0
Stearic, C18 (g)	0
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	-
Oleic , C18:1 (g)	0
Fatty acids, polyunsaturated, total(g)	-
Linoleic, C18:2 (g)	0
Linolenic, C18:3 (g)	0
Cholesterol (mg)	0