



Food ID: D091

Food name and Description: Himbaba-o flower, boiled

Scientific name: *Broussonetia luzonica*

Alternate/Common name(s): Alokong bulaklak, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	86.8
Energy, calculated (kcal)	52
Protein (g)	2.9
Total Fat (g)	0.9
Carbohydrate, total (g)	8.1
Ash, total (g)	1.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5.1
Sugars, total (g)	1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	278
Phosphorus, P (mg)	75
Iron, Fe (mg)	4.3
Sodium, Na (mg)	13

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	300
Retinol Activity Equivalent, RAE (µg)	25
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	10

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