



**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