



**Food ID:** D100

**Food name and Description:** Horseradish tree pod

**Scientific name:** *Moringa oleifera*

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

**Edible portion:** 49%

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

Water (g)	76.2
Energy, calculated (kcal)	93
Protein (g)	2.5
Total Fat (g)	0.4
Carbohydrate, total (g)	19.9
Ash, total (g)	1

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	6.5
Sugars, total (g)	3.5

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

Calcium, Ca (mg)	41
Phosphorus, P (mg)	51
Iron, Fe (mg)	0.8
Sodium, Na (mg)	85

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	60
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	196

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

Fatty acids, saturated, total (g)	0.07
Fatty acids, monounsaturated, total (g)	0.2
Fatty acids, polyunsaturated, total(g)	0.01
Cholesterol (mg)	0