

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines

PHOTO TO BE SUPPLIED

Food ID: D101

Food name and Description: Horseradish tree pod, boiled Scientific name: *Moringa oleifera* Alternate/Common name(s): Malunggay bunga, nilaga Edible portion: 52%

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

Water (g)	93.6
Energy, calculated (kcal)	25
Protein (g)	1.1
Total Fat (g)	0.2
Carbohydrate, total (g)	4.6
Ash, total (g)	0.5

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

Fiber, total dietary (g)	1.7
Sugars, total (g)	0.9

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	26
Phosphorus, P (mg)	32
Iron, Fe (mg)	0.2
Sodium, Na (mg)	23

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

Retinol, Vitamin A (μg)	0
beta-Carotene (μg)	25
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	72

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

Fatty acids, saturated, total (g	0.03
Fatty acids, monounsaturated, total (g)	0.1
Fatty acids, polyunsaturated, total(g)	0
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 07/20/2025 10:53:04