



Food ID: D128

Food name and Description: Mexican lilac flowers, boiled

Scientific name: *Gliricidia sepium*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	92.2
Energy, calculated (kcal)	31
Protein (g)	1.4
Total Fat (g)	0.2
Carbohydrate, total (g)	5.8
Ash, total (g)	0.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.1
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	22
Phosphorus, P (mg)	22
Iron, Fe (mg)	0.4
Sodium, Na (mg)	24

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	165
Retinol Activity Equivalent, RAE (µg)	14
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	18

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