

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



Food ID: D140

Food name and Description: Okra, boiled Scientific name: *Abelmoschus esculentus* Alternate/Common name(s): Ladyfinger, boiled Edible portion: 90%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	92.2
Energy, calculated (kcal)	30
Protein (g)	1
Total Fat (g)	0.2
Carbohydrate, total (g)	6.1
Ash, total (g)	0.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.6
Sugars, total (g)	2.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	79
Phosphorus, P (mg)	23
Iron, Fe (mg)	0.5
Sodium, Na (mg)	6

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (μg)	0
beta-Carotene (µg)	80
Retinol Activity Equivalent, RAE (µg)	7
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	12

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0.04
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 12:29:10