



**Food ID:** D151

**Food name and Description:** Palm-like fig, young lvs

**Scientific name:** *Ficus pseudopalma*

**Alternate/Common name(s):** Philippine fig, young lvs/Lubi-lubi talbos

**Edible portion:** 42%

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

Water (g)	87.2
Energy, calculated (kcal)	50
Protein (g)	3.9
Total Fat (g)	0.7
Carbohydrate, total (g)	6.9
Ash, total (g)	1.3

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

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

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

Calcium, Ca (mg)	167
Phosphorus, P (mg)	76
Iron, Fe (mg)	1.2
Sodium, Na (mg)	-

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	4670
Retinol Activity Equivalent, RAE (µg)	389
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.29
Niacin (mg)	1.1
Ascorbic Acid, Vitamin C (mg)	42

## **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