



**Food ID:** D185

**Food name and Description:** Radish, pod

**Scientific name:** *Raphanus sativus*

**Alternate/Common name(s):** Labanos/Rabanos, bunga

**Edible portion:** 87%

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

|                           |      |
|---------------------------|------|
| Water (g)                 | 91.4 |
| Energy, calculated (kcal) | 33   |
| Protein (g)               | 1.7  |
| Total Fat (g)             | 0.1  |
| Carbohydrate, total (g)   | 6.2  |
| Ash, total (g)            | 0.6  |

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

|                          |     |
|--------------------------|-----|
| Fiber, total dietary (g) | 2.1 |
| Sugars, total (g)        | 3.7 |

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

|                    |     |
|--------------------|-----|
| Calcium, Ca (mg)   | 56  |
| Phosphorus, P (mg) | 24  |
| Iron, Fe (mg)      | 0.5 |
| Potassium, K (mg)  | 594 |
| Sodium, Na (mg)    | 8   |
| Zinc, Zn (mg)      | 0.3 |

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

|                                       |      |
|---------------------------------------|------|
| Retinol, Vitamin A (µg)               | 0    |
| beta-Carotene (µg)                    | 152  |
| Retinol Activity Equivalent, RAE (µg) | 13   |
| Thiamin, Vitamin B1 (mg)              | 0.06 |
| Riboflavin, Vitamin B2 (mg)           | 0.06 |
| Niacin (mg)                           | 0.4  |
| Ascorbic Acid, Vitamin C (mg)         | 0    |

## **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 |