



Food ID: D223

Food name and Description: Squash flower

Scientific name: *Cucurbita maxima*

Alternate/Common name(s): Kalabasa bulaklak

Edible portion: 63%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	90.4
Energy, calculated (kcal)	33
Protein (g)	1.9
Total Fat (g)	0.5
Carbohydrate, total (g)	5.2
Ash, total (g)	2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	2.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	82
Phosphorus, P (mg)	50
Iron, Fe (mg)	2.7
Sodium, Na (mg)	5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	685
Retinol Activity Equivalent, RAE (µg)	57
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	27

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.26
Fatty acids, monounsaturated, total (g)	0.06
Fatty acids, polyunsaturated, total(g)	0.03
Cholesterol (mg)	0