

Food ID: D224

Food name and Description: Squash flower, boiled

Scientific name: Cucurbita maxima

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

Edible portion: 100%

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

Water (g)	94.8
Energy, calculated (kcal)	19
Protein (g)	0.4
Total Fat (g)	0.1
Carbohydrate, total (g)	4.1
Ash, total (g)	0.6

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

Fiber, total dietary (g) Sugars, total (g) 1.5

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	48
Phosphorus, P (mg)	26
Iron, Fe (mg)	0.6
Sodium, Na (mg)	3

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	220
Retinol Activity Equivalent, RAE (µg)	18
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	4

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

Fatty acids, saturated, total (g	0.05
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.01
Cholesterol (mg)	0