



Food ID: D225

Food name and Description: Squash fruit

Scientific name: *Cucurbita maxima*

Alternate/Common name(s): Kalabasa bunga

Edible portion: 77%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	82.5
Energy, calculated (kcal)	68
Protein (g)	1.2
Total Fat (g)	0.2
Carbohydrate, total (g)	15.3
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.6
Sugars, total (g)	5.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	17
Phosphorus, P (mg)	62
Iron, Fe (mg)	0.6
Potassium, K (mg)	336
Sodium, Na (mg)	8
Zinc, Zn (mg)	0

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	760
Retinol Activity Equivalent, RAE (µg)	63
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	3

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.04
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0.04
Stearic, C18 (g)	0
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.01
Oleic , C18:1 (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.08
Linoleic, C18:2 (g)	0.03
Linolenic, C18:3 (g)	0.05
Cholesterol (mg)	0