



Food ID: D226

Food name and Description: Squash fruit, boiled

Scientific name: *Cucurbita maxima*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	88.2
Energy, calculated (kcal)	47
Protein (g)	0.4
Total Fat (g)	0.2
Carbohydrate, total (g)	10.8
Ash, total (g)	0.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.1
Sugars, total (g)	3.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	38
Phosphorus, P (mg)	20
Iron, Fe (mg)	0.3
Sodium, Na (mg)	5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	410
Retinol Activity Equivalent, RAE (µg)	34
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	8

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.04
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.08
Cholesterol (mg)	0