



**Food ID:** D229

**Food name and Description:** Squash, summer fruit

**Scientific name:** *Cucurbita moschata*

**Alternate/Common name(s):** Kalabasa bunga, puti

**Edible portion:** 82%

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

Water (g)	94.6
Energy, calculated (kcal)	21
Protein (g)	0.6
Total Fat (g)	0.2
Carbohydrate, total (g)	4.3
Ash, total (g)	0.3

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

Fiber, total dietary (g)	0.8
Sugars, total (g)	3

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

Calcium, Ca (mg)	17
Phosphorus, P (mg)	11
Iron, Fe (mg)	0
Sodium, Na (mg)	5

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	12

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

Fatty acids, saturated, total (g)	0.05
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.1
Cholesterol (mg)	0