



Food ID: D248

Food name and Description: Tamarind flower

Scientific name: *Tamarindus indica*

Alternate/Common name(s): Sampalok bulaklak

Edible portion: 78%

Proximates (Food Composition per 100g Edible Portion)

| | |
|---------------------------|-----|
| Water (g) | 80 |
| Energy, calculated (kcal) | 86 |
| Protein (g) | 2.5 |
| Total Fat (g) | 1.8 |
| Carbohydrate, total (g) | 15 |
| Ash, total (g) | 0.7 |

Other Carbohydrate (Food Composition per 100g Edible Portion)

| | |
|--------------------------|-----|
| Fiber, total dietary (g) | 5.5 |
| Sugars, total (g) | 1.3 |

Minerals (Food Composition per 100g Edible Portion)

| | |
|--------------------|-----|
| Calcium, Ca (mg) | 64 |
| Phosphorus, P (mg) | 47 |
| Iron, Fe (mg) | 0.7 |
| Sodium, Na (mg) | 6 |

Vitamins (Food Composition per 100g Edible Portion)

| | |
|---------------------------------------|------|
| Retinol, Vitamin A (µg) | 0 |
| beta-Carotene (µg) | 205 |
| Retinol Activity Equivalent, RAE (µg) | 17 |
| Thiamin, Vitamin B1 (mg) | 0.08 |
| Riboflavin, Vitamin B2 (mg) | 0.12 |
| Niacin (mg) | 1.2 |
| Ascorbic Acid, Vitamin C (mg) | 12 |

Lipids (Food Composition per 100g Edible Portion)

| | |
|---|---|
| Fatty acids, saturated, total (g) | - |
| Fatty acids, monounsaturated, total (g) | - |
| Fatty acids, polyunsaturated, total(g) | - |
| Cholesterol (mg) | 0 |