



Food ID: D255

Food name and Description: Taro petioles

Scientific name: *Colocasia esculenta*

Alternate/Common name(s): Gabi tangkay

Edible portion: 84%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	93.7
Energy, calculated (kcal)	21
Protein (g)	0.3
Total Fat (g)	0.2
Carbohydrate, total (g)	4.6
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.6
Sugars, total (g)	1.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	57
Phosphorus, P (mg)	28
Iron, Fe (mg)	1.3
Sodium, Na (mg)	5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	185
Retinol Activity Equivalent, RAE (µg)	15
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	10

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