



Food ID: D256

Food name and Description: Taro petioles, boiled

Scientific name: *Colocasia esculenta*

Alternate/Common name(s): Gabi tangkay, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	96.2
Energy, calculated (kcal)	15
Protein (g)	0.2
Total Fat (g)	0.1
Carbohydrate, total (g)	3.2
Ash, total (g)	0.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1
Sugars, total (g)	0.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	33
Phosphorus, P (mg)	11
Iron, Fe (mg)	0.4
Sodium, Na (mg)	3

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	125
Retinol Activity Equivalent, RAE (µg)	10
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	2

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.02
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	0