

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: D263 Food name and Description: Water caltrop, boiled Scientific name: *Trapa natans* Alternate/Common name(s): Sungay kalabaw, nilaga/Bullnut, boiled Edible portion: 44%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	42.3
Energy, calculated (kcal)	226
Protein (g)	9.4
Total Fat (g)	0.1
Carbohydrate, total (g)	46.8
Ash, total (g)	1.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	54
Phosphorus, P (mg)	155
Iron, Fe (mg)	2.3
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (μg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.21
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0.03
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 9:20:05