



Food ID: D264

Food name and Description: Water chestnut

Scientific name: *Eleocharis dulcis*

Alternate/Common name(s): Apulid lamang-ugat

Edible portion: 63%

Proximates (Food Composition per 100g Edible Portion)

| | |
|---------------------------|------|
| Water (g) | 55.8 |
| Energy, calculated (kcal) | 176 |
| Protein (g) | 2.3 |
| Total Fat (g) | 0.7 |
| Carbohydrate, total (g) | 40.3 |
| Ash, total (g) | 1 |

Other Carbohydrate (Food Composition per 100g Edible Portion)

| | |
|--------------------------|---|
| Fiber, total dietary (g) | 5 |
| Sugars, total (g) | 8 |

Minerals (Food Composition per 100g Edible Portion)

| | |
|--------------------|-----|
| Calcium, Ca (mg) | 17 |
| Phosphorus, P (mg) | 96 |
| Iron, Fe (mg) | 0.7 |
| Sodium, Na (mg) | 84 |

Vitamins (Food Composition per 100g Edible Portion)

| | |
|---------------------------------------|------|
| Retinol, Vitamin A (µg) | 0 |
| beta-Carotene (µg) | 8 |
| Retinol Activity Equivalent, RAE (µg) | 1 |
| Thiamin, Vitamin B1 (mg) | 0.08 |
| Riboflavin, Vitamin B2 (mg) | 0.03 |
| Niacin (mg) | 1.4 |
| Niacin from tryptophan (mg) | 0.5 |
| Ascorbic Acid, Vitamin C (mg) | 8 |

Lipids (Food Composition per 100g Edible Portion)

| | |
|---|------|
| Fatty acids, saturated, total (g) | 0.17 |
| Fatty acids, monounsaturated, total (g) | 0.01 |
| Fatty acids, polyunsaturated, total(g) | 0.28 |

Cholesterol (mg)

0