



**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