



Food ID: D265

Food name and Description: Water chestnut, boiled

Scientific name: *Eleocharis dulcis*

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

Edible portion: 60%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	37.8
Energy, calculated (kcal)	246
Protein (g)	2.7
Total Fat (g)	0.1
Carbohydrate, total (g)	58.6
Ash, total (g)	0.8

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)	41
Phosphorus, P (mg)	121
Iron, Fe (mg)	1.8
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	9

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