



**Food ID:** D270

**Food name and Description:** Wax gourd fruit, boiled

**Scientific name:** *Benincasa hispida*

**Alternate/Common name(s):** Kundol bunga, nilaga

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	96.5
Energy, calculated (kcal)	13
Protein (g)	0.1
Total Fat (g)	0.1
Carbohydrate, total (g)	3
Ash, total (g)	0.3

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.9
Sugars, total (g)	1

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	16
Phosphorus, P (mg)	11
Iron, Fe (mg)	0.1
Sodium, Na (mg)	4

## **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)	0.01
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	3

## **Lipids** (Food Composition per 100g Edible Portion)

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