



Food ID: D271

Food name and Description: Wild ginger

Scientific name: *Zingiber zerumbet*

Alternate/Common name(s): Tumbong aso/Bitter ginger

Edible portion: 72%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	91.3
Energy, calculated (kcal)	32
Protein (g)	2.1
Total Fat (g)	0.4
Carbohydrate, total (g)	5
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.8
Sugars, total (g)	0.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	177
Phosphorus, P (mg)	27
Iron, Fe (mg)	2.7
Sodium, Na (mg)	5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2140
Retinol Activity Equivalent, RAE (µg)	178
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	11

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.11
Fatty acids, monounsaturated, total (g)	0.08
Fatty acids, polyunsaturated, total(g)	0.08
Cholesterol (mg)	0