



**Food ID:** D276

**Food name and Description:** Bamboo shoot, dried

**Scientific name:**

**Alternate/Common name(s):** Labong, tuyo

**Edible portion:** 100%

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

Water (g)	11.1
Energy, calculated (kcal)	357
Protein (g)	17.1
Total Fat (g)	1.4
Carbohydrate, total (g)	69
Ash, total (g)	1.4

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

Fiber, total dietary (g)	25.9
Sugars, total (g)	7.4

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

Calcium, Ca (mg)	91
Phosphorus, P (mg)	88
Iron, Fe (mg)	4
Sodium, Na (mg)	49

### **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)	0.04
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.32
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.63
Cholesterol (mg)	0