



Food ID: D277

Food name and Description: Black wood ear mushroom, dried

Scientific name: *Auricularia auricula-judae*

Alternate/Common name(s): Tengang daga, tuyo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	15.4
Energy, calculated (kcal)	325
Protein (g)	8.4
Total Fat (g)	0.5
Carbohydrate, total (g)	71.6
Ash, total (g)	4.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	29.5
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	315
Phosphorus, P (mg)	264
Iron, Fe (mg)	36
Sodium, Na (mg)	110

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)	0.08
Riboflavin, Vitamin B2 (mg)	0.19
Niacin (mg)	4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

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