

Republic of the Philippines **Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE** General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: D293 Food name and Description: Taro Ivs, dried Scientific name: Alternate/Common name(s): Gabi dahon, tuyo Edible portion: -%

# Proximates (Food Composition per 100g Edible Portion)

Water (g)	3
Energy, calculated (kcal)	388
Protein (g)	23.1
Total Fat (g)	9.2
Carbohydrate, total (g)	53.1
Ash, total (g)	11.6

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

Fiber, total dietary (g)	25
Sugars, total (g)	20.4

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	2292
Phosphorus, P (mg)	284
Iron, Fe (mg)	38.5
Sodium, Na (mg)	20

## Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (μg)	12780
Retinol Activity Equivalent, RAE (µg)	1065
Thiamin, Vitamin B1 (mg)	0.21
Riboflavin, Vitamin B2 (mg)	0.43
Niacin (mg)	10.2
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g	1.88
Fatty acids, monounsaturated, total (g)	0.75
Fatty acids, polyunsaturated, total(g)	3.82
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 15:17:19