



Food ID: D294

Food name and Description: Bagbagkong flower, raw

Scientific name: *Telosma procumbens*

Alternate/Common name(s): Sabidukong/Latok

Edible portion: 74%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	87.3
Energy, calculated (kcal)	49
Protein (g)	4.1
Total Fat (g)	0.6
Carbohydrate, total (g)	6.9
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.9
Sugars, total (g)	1.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	42
Phosphorus, P (mg)	34
Iron, Fe (mg)	0.8
Potassium, K (mg)	481
Sodium, Na (mg)	9
Zinc, Zn (mg)	0.5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	253
Retinol Activity Equivalent, RAE (µg)	21
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	2.1
Ascorbic Acid, Vitamin C (mg)	1

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0
Stearic, C18 (g)	0
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	-
Oleic , C18:1 (g)	0
Fatty acids, polyunsaturated, total(g)	-
Linoleic, C18:2 (g)	0
Linolenic, C18:3 (g)	0
Cholesterol (mg)	0