



Republic of the Philippines

Department of Science and Technology

FOOD AND NUTRITION RESEARCH INSTITUTE

General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: D298

Food name and Description: Mangrove apple, raw

Scientific name: *Sonneratia caseolaris*

Alternate/Common name(s): Bakawan bunga

Edible portion: 87%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	81.8
Energy, calculated (kcal)	72
Protein (g)	1.6
Total Fat (g)	0.5
Carbohydrate, total (g)	15.2
Ash, total (g)	0.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	12.1
Sugars, total (g)	2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	28
Phosphorus, P (mg)	27
Iron, Fe (mg)	0.4
Potassium, K (mg)	300
Sodium, Na (mg)	156
Zinc, Zn (mg)	0.4

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	168
Retinol Activity Equivalent, RAE (µg)	14
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	1

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.14
Fatty acids, monounsaturated, total (g)	0.05

Fatty acids, polyunsaturated, total(g)	0.21
Cholesterol (mg)	0