



**Food ID:** E022

**Food name and Description:** Buri palm

**Scientific name:** *Corypha utan*

**Alternate/Common name(s):** Buli

**Edible portion:** 16%

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

Water (g)	81
Energy, calculated (kcal)	75
Protein (g)	0.7
Total Fat (g)	0.1
Carbohydrate, total (g)	17.8
Ash, total (g)	0.4

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

Fiber, total dietary (g)	1.1
Sugars, total (g)	5.9

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

Calcium, Ca (mg)	14
Phosphorus, P (mg)	17
Iron, Fe (mg)	0.2
Sodium, Na (mg)	3

## **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)	0.01
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	11

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

Fatty acids, saturated, total (g)	0.09
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0
Cholesterol (mg)	0