



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