

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

PHOTO TO BE SUPPLIED

Food ID: E071

Food name and Description: Persimmon, kaki Scientific name: *Diospyros kaki* Alternate/Common name(s): Asian persimmon Edible portion: 57%

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

| Water (g)                 | 78.9 |
|---------------------------|------|
| Energy, calculated (kcal) | 86   |
| Protein (g)               | 0.4  |
| Total Fat (g)             | 0.6  |
| Carbohydrate, total (g)   | 19.7 |
| Ash, total (g)            | 0.4  |

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

| Fiber, total dietary (g) | 3.9  |
|--------------------------|------|
| Sugars, total (g)        | 13.4 |

# Minerals (Food Composition per 100g Edible Portion)

| Calcium, Ca (mg)   | 116 |
|--------------------|-----|
| Phosphorus, P (mg) | 22  |
| Iron, Fe (mg)      | 0.4 |
| Sodium, Na (mg)    | 1   |

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

| Retinol, Vitamin A (µg)               | 0    |
|---------------------------------------|------|
| beta-Carotene (μg)                    | 325  |
| Retinol Activity Equivalent, RAE (µg) | 27   |
| Thiamin, Vitamin B1 (mg)              | 0.04 |
| Riboflavin, Vitamin B2 (mg)           | 0    |
| Niacin (mg)                           | 0.1  |
| Ascorbic Acid, Vitamin C (mg)         | 36   |

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

| Fatty acids, saturated, total (g        | 0.06 |
|---|------|
| Fatty acids, monounsaturated, total (g) | 0.12 |
| Fatty acids, polyunsaturated, total(g)  | 0.14 |
| Cholesterol (mg)                        | 0    |

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 13:12:14