



**Food ID:** E072

**Food name and Description:** Philippine dillenia

**Scientific name:** *Dillenia philippinensis*

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

**Edible portion:** 40%

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

Water (g)	91.7
Energy, calculated (kcal)	33
Protein (g)	0.3
Total Fat (g)	0.2
Carbohydrate, total (g)	7.4
Ash, total (g)	0.4

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

Fiber, total dietary (g)	-
Sugars, total (g)	-

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

Calcium, Ca (mg)	28
Phosphorus, P (mg)	5
Iron, Fe (mg)	0.1
Sodium, Na (mg)	-

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	25
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	4

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

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