



**Food ID:** E077

**Food name and Description:** Rattan fruit

**Scientific name:** *Calamus ornatus* var. *philippinensis*

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

**Edible portion:** 42%

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

Water (g)	79
Energy, calculated (kcal)	88
Protein (g)	0.6
Total Fat (g)	1.2
Carbohydrate, total (g)	18.6
Ash, total (g)	0.6

## 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)	19
Phosphorus, P (mg)	10
Iron, Fe (mg)	1.7
Sodium, Na (mg)	-

## 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)	0.06
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	5

## 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