



**Food ID:** E090

**Food name and Description:** Sugar palm

**Scientific name:** *Arenga pinnata*

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

**Edible portion:** 100%

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

Water (g)	95.3
Energy, calculated (kcal)	19
Protein (g)	0.1
Total Fat (g)	0.2
Carbohydrate, total (g)	4.3
Ash, total (g)	0.1

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

Fiber, total dietary (g)	0.8
Sugars, total (g)	0.6

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

Calcium, Ca (mg)	20
Phosphorus, P (mg)	5
Iron, Fe (mg)	0.5
Sodium, Na (mg)	2

### **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
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

### **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