



**Food ID:** E091

**Food name and Description:** Sugar palm, boiled

**Scientific name:** *Arenga pinnata*

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

**Edible portion:** 100%

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

|                           |      |
|---------------------------|------|
| Water (g)                 | 96.8 |
| Energy, calculated (kcal) | 13   |
| Protein (g)               | 0.1  |
| Total Fat (g)             | 0.2  |
| Carbohydrate, total (g)   | 2.8  |
| Ash, total (g)            | 0.1  |

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

|                          |     |
|--------------------------|-----|
| Fiber, total dietary (g) | 0.5 |
| Sugars, total (g)        | 0.4 |

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

|                    |     |
|--------------------|-----|
| Calcium, Ca (mg)   | 12  |
| Phosphorus, P (mg) | 3   |
| Iron, Fe (mg)      | 0.3 |
| Sodium, Na (mg)    | 1   |

### **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   |
| Niacin (mg)                           | 1.3 |
| 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 |