



**Food ID:** E092

**Food name and Description:** Susong-kalabaw

**Scientific name:** *Uvaria rufa*

**Alternate/Common name(s):** Carabao's teats

**Edible portion:** 43%

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

Water (g)	90.2
Energy, calculated (kcal)	39
Protein (g)	0.7
Total Fat (g)	0.4
Carbohydrate, total (g)	8.1
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)	23
Phosphorus, P (mg)	15
Iron, Fe (mg)	0.6
Sodium, Na (mg)	-

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	12

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

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