



Food ID: E123

Food name and Description: Palau-biyok

Scientific name: *Willughbeia sp.*

Alternate/Common name(s): N/A

Edible portion: 23%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	71.4
Energy, calculated (kcal)	115
Protein (g)	0.6
Total Fat (g)	0.3
Carbohydrate, total (g)	27.5
Ash, total (g)	0.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.3
Sugars, total (g)	23

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	5
Phosphorus, P (mg)	37
Iron, Fe (mg)	0.2
Potassium, K (mg)	57
Sodium, Na (mg)	11
Zinc, Zn (mg)	0.2

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)	0.04
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	1

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