



**Food ID:** M007

**Food name and Description:** Candy, pili nut

**Scientific name:** N/A

**Alternate/Common name(s):** N/A

**Edible portion:** 100%

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

|                           |      |
|---------------------------|------|
| Water (g)                 | 1.3  |
| Energy, calculated (kcal) | 639  |
| Protein (g)               | 7.5  |
| Total Fat (g)             | 52.7 |
| Carbohydrate, total (g)   | 33.6 |
| Ash, total (g)            | 4.9  |

### **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)   | 91  |
| Phosphorus, P (mg) | 321 |
| Iron, Fe (mg)      | 3.7 |
| Sodium, Na (mg)    | 156 |

### **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)              | 0.18 |
| Riboflavin, Vitamin B2 (mg)           | 0.04 |
| Niacin (mg)                           | 0.1  |
| Ascorbic Acid, Vitamin C (mg)         | 0    |

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

|   |       |
|---|-------|
| Fatty acids, saturated, total (g)       | 7.32  |
| Fatty acids, monounsaturated, total (g) | 26.15 |
| Fatty acids, polyunsaturated, total(g)  | 16.65 |
| Cholesterol (mg)                        | 0     |