

**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