

**Food ID:** N018**Food name and Description:** Safflower, flowers, dried**Scientific name:** *Carthamus tinctorius***Alternate/Common name(s):** Kasubha bulaklak, tuyo**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	13.8
Energy, calculated (kcal)	340
Protein (g)	16.2
Total Fat (g)	4.3
Carbohydrate, total (g)	59
Ash, total (g)	6.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.8
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	619
Phosphorus, P (mg)	256
Iron, Fe (mg)	20.2
Sodium, Na (mg)	121

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	100
Retinol Activity Equivalent, RAE (µg)	8
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.38
Niacin (mg)	8.6
Ascorbic Acid, Vitamin C (mg)	21

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.17
Fatty acids, monounsaturated, total (g)	0.32
Fatty acids, polyunsaturated, total(g)	1.52
Cholesterol (mg)	0