



**Food ID:** D304

**Food name and Description:** Ginger

**Scientific name:** *Zingiber officinale*

**Alternate/Common name(s):** Luya

**Edible portion:** 74%

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

Water (g)	88.8
Energy, calculated (kcal)	46
Protein (g)	1.1
Total Fat (g)	0.8
Carbohydrate, total (g)	8.5
Ash, total (g)	0.8

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.1
Sugars, total (g)	0.9

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

Calcium, Ca (mg)	32
Phosphorus, P (mg)	30
Iron, Fe (mg)	3
Sodium, Na (mg)	3

## **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)	0.04
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	4

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

Fatty acids, saturated, total (g)	0.31
Fatty acids, monounsaturated, total (g)	0.16
Fatty acids, polyunsaturated, total(g)	0.15
Cholesterol (mg)	0