



Food Code: D177
Thai name: เห็ดฟาง/เห็ดบัว ดิบ
English name: Mushroom, Chinese/straw, raw
Scientific name: Volvariella volvacea

Nutrients (สารอาหาร)	Tag Name	Detail (รายละเอียด)	Unit (หน่วย)	Content per 100 g of food (ปริมาณ ต่อ 100 กรัมอาหาร)	Deriv. by	n	Min	Max	SD	Footnote	Last updated
Density	DEN	use this column only for liquid food item	g/mL	-		-	-	-	-		
Edible portion	EDIBLE	Not all food items have this information. In the future we will have to add them all	%	-		-	-	-	-		
Energy, by calculation	ENERC	Calculated by (4 x g protein) + (9 x g fat) + (4 x g CHOAVLDF) + (2 x g dietary fibre) (not include alcohol)	kcal	27		-	-	-	-		
Total energy - by calculation	ENERCT	If CHOAVLDF was not available, CHOCDF was used. Energy value was calculated as follows and put in parenthesis. Calculated by (4 x g protein)+(9 x g fat)+(4 x g CHOCDF)	kcal	-		-	-	-	-		
Moisture	WATER	All methods	g	91.4		-	-	-	-		
Protein, total	PROTCNT	Kjeldahl method	g	3.19		-	-	-	-		
Fat, total	FAT	All methods, choose higher values based on values obtained from method with acid digestion	g	0.24		-	-	-	-		
Carbohydrate, available	CHOAVLDF	Calculated by difference: CHOAVLDF = 100 □ (weight in grams [water + protein + fat + dietary fibre + ash] in 100 g food)	g	2.09		-	-	-	-		
Carbohydrate, total	CHOCDF	CHOCDF = 100 g □ (weight in grams [water + protein + fat + ash] in 100 g food) (use this calculation when FIBTG data was not available)	g	-		-	-	-	-		



Nutrients (สารอาหาร)	Tag Name	Detail (รายละเอียด)	Unit (หน่วย)	Content per 100 g of food (ปริมาณ ต่อ 100 กรัมอาหาร)	Deriv. by	n	Min	Max	SD	Footnote	Last updated
Dietary fibre	FIBTG	Enzymatic gravimetric method	g	2.1		-	-	-	-		
Ash	ASH	All methods	g	1.00		-	-	-	-		
Calcium	CA	AOAC method	mg	6		-	-	-	-		
Phosphorus	P	AOAC method	mg	101		-	-	-	-		
Magnesium	MG	AOAC method	mg	14		-	-	-	-		
Sodium	NA	AOAC method	mg	21		-	-	-	-		
Potassium	K	AOAC method	mg	317		-	-	-	-		
Iron	FE	AOAC method	mg	0.93		-	-	-	-		
Copper	CU	AOAC method	mg	0.38		-	-	-	-		
Zinc	ZN	AOAC method	mg	0.32		-	-	-	-		
Selenium	SE		mcg	1.3		-	-	-	-		
Retinol	RETOL	AOAC - HPLC method	mcg	-		-	-	-	-		
b-carotene	CARTB	AOAC - HPLC method	mcg	-		-	-	-	-		
Vitamin A; retinol activity equivalent	VITA_RAE	Calculated by mcg retinol + 1/12 mcg b-carotene	mcg	-		-	-	-	-		
Thiamin	THIA	AOAC method	mg	0.12		-	-	-	-		
Riboflavin	RIBF	AOAC method	mg	0.37		-	-	-	-		
Niacin	NIA	AOAC method	mg	3.95		-	-	-	-		
Vitamin C	VITC	AOAC - HPLC method	mg	4		-	-	-	-		
Sugars, total	SUGAR	AOAC - HPLC method	g	-		-	-	-	-		
Fatty acids, total saturated	FASAT	AOAC - GLC method	g	-		-	-	-	-		



Nutrients (สารอาหาร)	Tag Name	Detail (รายละเอียด)	Unit (หน่วย)	Content per 100 g of food (ปริมาณ ต่อ 100 กรัมอาหาร)	Deriv. by	n	Min	Max	SD	Footnote	Last updated
Fatty acids, total monounsaturated	FAMU		g	-		-	-	-	-		
Fatty acids, total polyunsaturated	FAPU	AOAC - GLC method	g	-		-	-	-	-		
Fatty acids, total omega-3 polyunsaturated	FAPUN3	AOAC - GLC method	g	-		-	-	-	-		
Fatty acids, total omega-6 polyunsaturated	FAPUN6	AOAC - GLC method	g	-		-	-	-	-		
Cholesterol	CHOLE		mg	-		-	-	-	-		