

**NUTS AND OIL SEEDS** (Continued from the Animal foods section)  
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## COMMUNITY FOOD SYSTEM DATA TABLE # 184

**Food category:** Nuts and Oil Seeds

**Scientific identification:**

*Anacardium occidentale*

**Local name & other common names:**

jeedi palukulu, Cashew nut (English)

**Part(s) used:** Nuts

**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Nuts
Moisture, g	5.9
Energy, Kcal	596
Protein, g	21.2
Fat, g	46.9
Carbohydrate, g	22.3
Fiber, g	1.3
Ash, g	2.4
Vitamin A, RE- $\mu$ g	5
Vitamin A, RAE- $\mu$ g	2.5
Beta carotene, $\mu$ g	-
Total carotene, $\mu$ g	60
Vitamin C, mg	0
Thiamin, mg	0.63
Riboflavin, mg	0.19
Niacin, mg	1.2
Folate, $\mu$ g	-
Calcium, mg	50
Iron, mg	5.8
Phosphorus, mg	450
Zinc, mg	-

--- = not analyzed

**Wild or cultivated:** Cultivated  
**Home harvested, collected or purchased:**  
 Purchased  
**Cost of production (if known):** n/a  
**Importance value to the community by  
 age/gender:** Unknown  
**Reference:** Nutritive value of Indian foods.  
 2002. S no 192 (ref # 2).  
**Code:** 2072

### Seasonality and use<sup>†</sup>

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

<sup>†</sup>Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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## COMMUNITY FOOD SYSTEM DATA TABLE # 185

**Food category:** Nuts and Oil Seeds**Scientific identification:***Arachis hypogaea***Local name & other common names:**

baimugulu, Groundnut/Peanut (English)

**Part(s) used:** Nuts**Preparation:** Oil

Nutrient	Nutrient Composition/100g (edible portion)
	Nuts
Moisture, g	3.0
Energy, Kcal	567
Protein, g	25.3
Fat, g	40.1
Carbohydrate, g	26.1
Fiber, g	3.1
Ash, g	2.4
Vitamin A, RE- $\mu$ g	3.1
Vitamin A, RAE- $\mu$ g	1.5
Beta carotene, $\mu$ g	-
Total carotene, $\mu$ g	37
Vitamin C, mg	0
Thiamin, mg	0.90
Riboflavin, mg	0.13
Niacin, mg	19.9
Folate, $\mu$ g	20.0
Calcium, mg	90
Iron, mg	2.5
Phosphorus, mg	350
Zinc, mg	-

--- = not analyzed

**Wild or cultivated:** Unknown  
**Home harvested, collected or purchased:** Unknown  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Unknown  
**Reference:** Nutritive value of Indian foods. 2002. S no 202 (ref # 2).  
**Code:** 2078

**Seasonality and use<sup>†</sup>**

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

<sup>†</sup>Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 186

**Food category:** Nuts and Oil Seeds

**Scientific identification:**

*Arachis hypogaea*

**Local name & other common names:**

baimugulu, Groundnut-roasted/Peanut-roasted (English)

**Part(s) used:** Nuts, roasted

**Preparation:** Oil

Nutrient	Nutrient Composition/100g (edible portion)
	Nuts, roasted
Moisture, g	1.7
Energy, Kcal	570
Protein, g	26.2
Fat, g	39.8
Carbohydrate, g	26.7
Fiber, g	3.1
Ash, g	2.5
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Beta carotene, $\mu$ g	-
Total carotene, $\mu$ g	0
Vitamin C, mg	0
Thiamin, mg	0.39
Riboflavin, mg	0.13
Niacin, mg	22.1
Folate, $\mu$ g	-
Calcium, mg	77
Iron, mg	3.1
Phosphorus, mg	370
Zinc, mg	-

--- = not analyzed

**Wild or cultivated:** Unknown  
**Home harvested, collected or purchased:** Unknown  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Unknown  
**Reference:** Nutritive value of Indian foods. 2002. S no 203 (ref # 2).  
**Code:** 2079

### Seasonality and use<sup>†</sup>

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

<sup>†</sup> Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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**COMMUNITY FOOD SYSTEM DATA TABLE # 187****Food category:** Nuts and Oil Seeds**Scientific identification:***Areca catechu***Local name & other common names:**

poka pachellu vakkalu, Areca nut/Betel nut (English)

**Part(s) used:** Nuts**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Nuts
Moisture, g	31.3
Energy, Kcal	249
Protein, g	4.9
Fat, g	4.4
Carbohydrate, g	47.2
Fiber, g	11.2
Ash, g	1.0
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Beta carotene, $\mu$ g	-
Total carotene, $\mu$ g	3
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, $\mu$ g	-
Calcium, mg	50
Iron, mg	1.5
Phosphorus, mg	130
Zinc, mg	-

--- = not analyzed

**Wild or cultivated:** Cultivated  
**Home harvested, collected or purchased:** Purchased  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Notla thadi ki.  
**Reference:** Nutritive value of Indian foods. 2002. S no 190 (ref # 2).  
**Code:** 2070

**Seasonality and use<sup>†</sup>**

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

<sup>†</sup>Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October[Click here to return to the table of contents](#)

**COMMUNITY FOOD SYSTEM DATA TABLE # 188****Food category:** Nuts and Oil Seeds**Scientific identification:***Brassica nigra***Local name & other common names:**

avaalu, Mustard seed (English)

**Part(s) used:** Seed**Preparation:** Oil or seasoning

Nutrient	Nutrient Composition/100g (edible portion)
	Seed
Moisture, g	8.5
Energy, Kcal	533*
Protein, g	20.0
Fat, g	39.7
Carbohydrate, g	23.8
Fiber, g	1.8
Ash, g	4.2
Vitamin A, RE- $\mu$ g	13.5
Vitamin A, RAE- $\mu$ g	6.8
Beta carotene, $\mu$ g	-
Total carotene, $\mu$ g	162
Vitamin C, mg	0
Thiamin, mg	0.65
Riboflavin, mg	0.26
Niacin, mg	4.0
Folate, $\mu$ g	-
Calcium, mg	490
Iron, mg	7.9
Phosphorus, mg	700
Zinc, mg	-

--- = not analyzed

**Wild or cultivated:** Cultivated  
**Home harvested, collected or purchased:**  
Purchased  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Necessary item for cooking.  
**Reference:** Nutritive value of Indian foods. 2002. S no 206 (ref # 2). \*Energy value was calculated.  
**Code:** 2081

**Seasonality and use<sup>†</sup>**

Use	Winter	Summer	Rainy
High	*	*	*
Medium			
Low			
None			

<sup>†</sup>Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 189

**Food category:** Nuts and Oil Seeds**Scientific identification:***Buchanania latifolia***Local name & other common names:**

morri palkulu, Piyal seeds (English)

**Part(s) used:** Seeds**Preparation:** Oil

Nutrient	Nutrient Composition/100g (edible portion)
	Seeds
Moisture, g	3.0
Energy, Kcal	656
Protein, g	19.0
Fat, g	59.1
Carbohydrate, g	12.1
Fiber, g	3.8
Ash, g	3.0
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Beta carotene, $\mu$ g	-
Total carotene, $\mu$ g	0
Vitamin C, mg	5.0
Thiamin, mg	0.69
Riboflavin, mg	0.53
Niacin, mg	1.5
Folate, $\mu$ g	-
Calcium, mg	279
Iron, mg	8.5
Phosphorus, mg	528
Zinc, mg	-

--- = not analyzed

**Wild or cultivated:** Cultivated  
**Home harvested, collected or purchased:** Purchased  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Unknown  
**Reference:** Nutritive value of Indian foods. 2002. S no 209 (ref # 2).  
**Code:** 2083

**Seasonality and use<sup>†</sup>**

Use \ Season	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

<sup>†</sup>Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October[Click here to return to the table of contents](#)



## COMMUNITY FOOD SYSTEM DATA TABLE # 190

**Food category:** Nuts and Oil Seeds

**Scientific identification:**

*Carthamus tinctorius*

**Local name & other common names:**

kusumalu, Safflower (English)

**Part(s) used:** Seed

**Preparation:** Oil

Nutrient	Nutrient Composition/100g (edible portion)
	Seeds
Moisture, g	5.5
Energy, Kcal	356
Protein, g	13.5
Fat, g	25.6
Carbohydrate, g	17.9
Fiber, g	34.9
Ash, g	2.6
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Beta carotene, $\mu$ g	-
Total carotene, $\mu$ g	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, $\mu$ g	-
Calcium, mg	236
Iron, mg	4.6
Phosphorus, mg	823
Zinc, mg	-

--- = not analyzed

**Wild or cultivated:** Cultivated  
**Home harvested, collected or purchased:** Purchased  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Considered very healthy.  
**Reference:** Nutritive value of Indian foods. 2002. S no 210 (ref # 2).  
**Code:** 2084

### Seasonality and use<sup>†</sup>

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

<sup>†</sup>Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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## COMMUNITY FOOD SYSTEM DATA TABLE # 191

**Food category:** Nuts and Oil Seeds

**Scientific identification:**

*Cocos nucifera*

**Local name & other common names:**

kobbari kaya, Coconut milk (English)

**Part(s) used:** Milk

**Preparation:** Numerous preparation methods.

Nutrient	Nutrient Composition/100g (edible portion)
	Coconut milk
Moisture, g	42.8
Energy, Kcal	430
Protein, g	3.4
Fat, g	41.0
Carbohydrate, g	11.9
Fiber, g	0
Ash, g	0.9
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Beta carotene, $\mu$ g	-
Total carotene, $\mu$ g	0
Vitamin C, mg	3.0
Thiamin, mg	0.08
Riboflavin, mg	0.04
Niacin, mg	0.6
Folate, $\mu$ g	-
Calcium, mg	15
Iron, mg	1.6
Phosphorus, mg	140
Zinc, mg	-

--- = not analyzed

**Wild or cultivated:** Cultivated  
**Home harvested, collected or purchased:** Purchased  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Very auspicious.  
**Reference:** Nutritive value of Indian foods. 2002. S no 197 (ref # 2).  
**Code:** 2075

### Seasonality and use<sup>†</sup>

Use \ Season	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

<sup>†</sup>Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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## COMMUNITY FOOD SYSTEM DATA TABLE # 192

**Food category:** Nuts and Oil Seeds

**Scientific identification:**

*Cocos nucifera*

**Local name & other common names:**

kobbari kaya, Coconut-water (English)

**Part(s) used:** Seed, fruit

**Preparation:** Numerous preparation methods

Nutrient	Nutrient Composition/100g (edible portion)
	Coconut water
Moisture, g	93.8
Energy, Kcal	24
Protein, g	1.4
Fat, g	0.1
Carbohydrate, g	4.4
Fiber, g	0
Ash, g	0.3
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Beta carotene, $\mu$ g	-
Total carotene, $\mu$ g	0
Vitamin C, mg	2.0
Thiamin, mg	0.01
Riboflavin, mg	0
Niacin, mg	0.1
Folate, $\mu$ g	-
Calcium, mg	24
Iron, mg	0.1
Phosphorus, mg	10
Zinc, mg	-

--- = not analyzed

**Wild or cultivated:** Cultivated  
**Home harvested, collected or purchased:** Purchased  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Very auspicious.  
**Reference:** Nutritive value of Indian foods. 2002. S no 198 (ref # 2).  
**Code:** 2076

### Seasonality and use<sup>†</sup>

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

<sup>†</sup>Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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## COMMUNITY FOOD SYSTEM DATA TABLE # 193

**Food category:** Nuts and Oil Seeds

**Scientific identification:**

*Cocos nucifera*

**Local name & other common names:**

kobbari kaya, Coconut-tender (English)

**Part(s) used:** Fruit

**Preparation:** Numerous preparation methods

Nutrient	Nutrient Composition/100g (edible portion)
	Fresh coconut flesh
Moisture, g	90.8
Energy, Kcal	41
Protein, g	0.9
Fat, g	1.4
Carbohydrate, g	6.3
Fiber, g	-
Ash, g	0.6
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Beta carotene, $\mu$ g	-
Total carotene, $\mu$ g	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, $\mu$ g	-
Calcium, mg	10
Iron, mg	0.9
Phosphorus, mg	30
Zinc, mg	-

--- = not analyzed

**Wild or cultivated:** Cultivated  
**Home harvested, collected or purchased:** Purchased  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Very auspicious.  
**Reference:** Nutritive value of Indian foods. 2002. S no 196 (ref # 2).  
**Code:** 2074

### Seasonality and use<sup>†</sup>

Use \ Season	Winter	Summer	Rainy
High			
Medium			
Low			
None			

<sup>†</sup>Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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**COMMUNITY FOOD SYSTEM DATA TABLE # 194****Food category:** Nuts and Oil Seeds**Scientific identification:***Cocos nucifera***Local name & other common names:**

kobbari kaya kudaka, Coconut-dry (English)

**Part(s) used:** Fruit**Preparation:** Numerous preparation methods

Nutrient	Nutrient Composition/100g (edible portion)
	Coconut, dry
Moisture, g	4.3
Energy, Kcal	662
Protein, g	6.8
Fat, g	62.3
Carbohydrate, g	18.4
Fiber, g	6.6
Ash, g	1.6
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Beta carotene, $\mu$ g	-
Total carotene, $\mu$ g	0
Vitamin C, mg	7.0
Thiamin, mg	0.08
Riboflavin, mg	0.01
Niacin, mg	3.0
Folate, $\mu$ g	16.5
Calcium, mg	400
Iron, mg	7.8
Phosphorus, mg	210
Zinc, mg	-

--- = not analyzed

**Wild or cultivated:** Cultivated  
**Home harvested, collected or purchased:** Purchased  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Very auspicious.  
**Reference:** Nutritive value of Indian foods. 2002. S no 194 (ref # 2).  
**Code:** 2073

**Seasonality and use<sup>†</sup>**

Use \ Season	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

<sup>†</sup>Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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## COMMUNITY FOOD SYSTEM DATA TABLE # 195

**Food category:** Nuts and Oil Seeds**Scientific identification:***Guizotia abyssinica***Local name & other common names:**

gaddi nuvvulu, Niger seeds (English)

**Part(s) used:** Seed**Preparation:** Oil

Nutrient	Nutrient Composition/100g (edible portion)
	Seeds
Moisture, g	4.2
Energy, Kcal	515
Protein, g	23.9
Fat, g	39.0
Carbohydrate, g	17.1
Fiber, g	10.9
Ash, g	4.9
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Beta carotene, $\mu$ g	-
Total carotene, $\mu$ g	-
Vitamin C, mg	0
Thiamin, mg	0.07
Riboflavin, mg	0.97
Niacin, mg	8.4
Folate, $\mu$ g	-
Calcium, mg	300
Iron, mg	56.7
Phosphorus, mg	224
Zinc, mg	-

--- = not analyzed

**Wild or cultivated:** Cultivated  
**Home harvested, collected or purchased:** Purchased  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Karam chana manchidi.  
**Reference:** Nutritive value of Indian foods. 2002. S no 207 (ref # 2).  
**Code:** 2082

**Seasonality and use<sup>†</sup>**

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

<sup>†</sup>Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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## COMMUNITY FOOD SYSTEM DATA TABLE # 196

**Food category:** Nuts and Oil Seeds**Scientific identification:***Helianthus annuus***Local name & other common names:**

nalla kusumalu, Sunflower seeds (English)

**Part(s) used:** Seed**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Seeds
Moisture, g	5.5
Energy, Kcal	620
Protein, g	19.8
Fat, g	52.1
Carbohydrate, g	17.9
Fiber, g	1.0
Ash, g	3.7
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Beta carotene, $\mu$ g	-
Total carotene, $\mu$ g	0
Vitamin C, mg	1.0
Thiamin, mg	0.86
Riboflavin, mg	0.20
Niacin, mg	4.5
Folate, $\mu$ g	-
Calcium, mg	280
Iron, mg	5.0
Phosphorus, mg	670
Zinc, mg	-

--- = not analyzed

**Wild or cultivated:** Unknown  
**Home harvested, collected or purchased:** Unknown  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Puttu paniledu.  
**Reference:** Nutritive value of Indian foods. 2002. S no 211 (ref # 2).  
**Code:** 2085

**Seasonality and use<sup>†</sup>**

Use \	Winter	Summer	Rainy
High			
Medium			
Low			
None			

<sup>†</sup>Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 197

**Food category:** Nuts and Oil Seeds**Scientific identification:***Linum usitatissimum***Local name & other common names:**

aviselu, Linseeds (English)

**Part(s) used:** Seed**Preparation:** Oil or spicy powder

Nutrient	Nutrient Composition/100g (edible portion)
	Seeds
Moisture, g	6.5
Energy, Kcal	530
Protein, g	20.3
Fat, g	37.1
Carbohydrate, g	28.9
Fiber, g	4.8
Ash, g	2.4
Vitamin A, RE- $\mu$ g	2.5
Vitamin A, RAE- $\mu$ g	1.3
Beta carotene, $\mu$ g	-
Total carotene, $\mu$ g	30
Vitamin C, mg	0
Thiamin, mg	0.23
Riboflavin, mg	0.07
Niacin, mg	1.0
Folate, $\mu$ g	-
Calcium, mg	170
Iron, mg	2.7
Phosphorus, mg	370
Zinc, mg	-

--- = not analyzed

**Wild or cultivated:** Unknown  
**Home harvested, collected or purchased:** Unknown  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Manchei.  
**Reference:** Nutritive value of Indian foods. 2002. S no 205 (ref # 2).  
**Code:** 2080

**Seasonality and use<sup>†</sup>**

Use \ Season	Winter	Summer	Rainy
High			
Medium			
Low			
None			

<sup>†</sup>Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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## COMMUNITY FOOD SYSTEM DATA TABLE # 198

**Food category:** Nuts and Oil Seeds

**Scientific identification:**

*Prunus amygdalus*

**Local name & other common names:**

badam, Almond (English)

**Part(s) used:** Nut

**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Nuts
Moisture,	5.2
Energy, Kcal	655
Protein, g	20.8
Fat, g	58.9
Carbohydrate, g	10.5
Fiber, g	1.7
Ash, g	2.9
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Beta carotene, $\mu$ g	0
Total carotene, $\mu$ g	0
Vitamin C, mg	0
Thiamin, mg	0.24
Riboflavin, mg	0.57
Niacin, mg	4.4
Folate, $\mu$ g	-
Calcium, mg	230
Iron, mg	5.1
Phosphorus, mg	490
Zinc, mg	-

--- = not analyzed

**Wild or cultivated:** Cultivated  
**Home harvested, collected or purchased:** Purchased  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Manchei. Good for health.  
**Reference:** Nutritive value of Indian foods. 2002. S no 189 (ref # 2).  
**Code:** 2070

### Seasonality and use<sup>†</sup>

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

<sup>†</sup> Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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## COMMUNITY FOOD SYSTEM DATA TABLE # 199

**Food category:** Nuts and Oil Seeds

**Scientific identification:**

*Semecarpus anacardium*

**Local name & other common names:**

nalla jeedi, Marking nut (English)

**Part(s) used:** Seed, fruit

**Preparation:** Eaten when fruit is ripe.

Nutrient	Nutrient Composition/100g (edible portion)
	Nuts
Moisture, g	3.8
Energy, Kcal	547*
Protein, g	26.4
Fat, g	36.4
Carbohydrate, g	28.4
Fiber, g	1.4
Ash, g	3.6
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Beta carotene, $\mu$ g	-
Total carotene, $\mu$ g	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, $\mu$ g	-
Calcium, mg	295
Iron, mg	6.1
Phosphorus, mg	836
Zinc, mg	-

--- = not analyzed

**Wild or cultivated:** Wild

**Home harvested, collected or purchased:**

Collected

**Cost of production (if known):** n/a

**Importance value to the community by age/gender:** Good market value, medicinal value.

**Reference:** Nutritive value of Indian foods. 2002. S no 555 (ref # 2). \*Energy value was calculated.

**Code:** 2086

### Seasonality and use<sup>†</sup>

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

<sup>†</sup>Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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## COMMUNITY FOOD SYSTEM DATA TABLE # 200

**Food category:** Nuts and Oil Seeds**Scientific identification:***Sesamum indicum***Local name & other common names:**

nuvvulu, Sesame seeds (English)

**Part(s) used:** Seed**Preparation:** Oils

Nutrient	Nutrient Composition/100g (edible portion)
	Seeds
Moisture, g	5.3
Energy, Kcal	563
Protein, g	18.3
Fat, g	43.3
Carbohydrate, g	25.0
Fiber, g	2.9
Ash, g	5.2
Vitamin A, RE- $\mu$ g	5
Vitamin A, RAE- $\mu$ g	2.5
Beta carotene, $\mu$ g	-
Total carotene, $\mu$ g	60
Vitamin C, mg	0
Thiamin, mg	1.01
Riboflavin, mg	0.34
Niacin, mg	4.4
Folate, $\mu$ g	134
Calcium, mg	1450
Iron, mg	9.3
Phosphorus, mg	570
Zinc, mg	-

--- = not analyzed

**Wild or cultivated:** Unknown  
**Home harvested, collected or purchased:** Unknown  
**Seasonality of use:** Unknown  
**Cost of production (if known):** n/a  
**Importance value to the community by age/gender:** Pillalaku dattu. Karam chestharu gatti kura lo vestharu.  
**Reference:** Nutritive value of Indian foods. 2002. S no 201 (ref # 2).  
**Code:** 2077

**Seasonality and use<sup>†</sup>**

Use \	Winter	Summer	Rainy
High			
Medium			
Low			
None			

<sup>†</sup>Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October[Click here to return to the table of contents](#)