



Food ID: A130

Food name and Description: Karyoka

Scientific name:

Alternate/Common name(s): Carioca

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	25.1
Energy, calculated (kcal)	359
Protein (g)	4.2
Total Fat (g)	12.1
Carbohydrate, total (g)	58.2
Ash, total (g)	0.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1
Sugars, total (g)	21.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	80
Phosphorus, P (mg)	46
Iron, Fe (mg)	1.2
Sodium, Na (mg)	7

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)	0.03
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	10.27
Fatty acids, monounsaturated, total (g)	0.76
Fatty acids, polyunsaturated, total(g)	0.29
Cholesterol (mg)	0