



**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