



Food ID: D015

Food name and Description: Bayuno fruit

Scientific name: *Mangifera caesia*

Alternate/Common name(s): Binjai

Edible portion: 59%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	81.2
Energy, calculated (kcal)	74
Protein (g)	3
Total Fat (g)	0.7
Carbohydrate, total (g)	13.9
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5.6
Sugars, total (g)	5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	3
Phosphorus, P (mg)	20
Iron, Fe (mg)	0.6
Sodium, Na (mg)	15

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	2.7
Ascorbic Acid, Vitamin C (mg)	13

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0