

**Food ID:** D018**Food name and Description:** Bitter melon/gourd fruit**Scientific name:** *Momordica charantia***Alternate/Common name(s):** Ampalaya bunga**Edible portion:** 78%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	93.9
Energy, calculated (kcal)	23
Protein (g)	1
Total Fat (g)	0.2
Carbohydrate, total (g)	4.2
Ash, total (g)	0.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.3
Sugars, total (g)	0.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	22
Phosphorus, P (mg)	36
Iron, Fe (mg)	0.4
Potassium, K (mg)	438
Sodium, Na (mg)	15
Zinc, Zn (mg)	0

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	114
Retinol Activity Equivalent, RAE (µg)	10
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	2

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.02
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0
Stearic, C18 (g)	0
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.04
Oleic , C18:1 (g)	0
Fatty acids, polyunsaturated, total(g)	0.09
Linoleic, C18:2 (g)	0
Linolenic, C18:3 (g)	0
Cholesterol (mg)	0