



Food ID: D041

Food name and Description: Cashew, young lvs

Scientific name: *Anacardium occidentale*

Alternate/Common name(s): Kasuy talbos

Edible portion: 48%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	71.4
Energy, calculated (kcal)	113
Protein (g)	4.9
Total Fat (g)	0.6
Carbohydrate, total (g)	22
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	190
Phosphorus, P (mg)	94
Iron, Fe (mg)	3.6
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	4700
Retinol Activity Equivalent, RAE (µg)	392
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	1.7
Ascorbic Acid, Vitamin C (mg)	110

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