



**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