



Food ID: D081

Food name and Description: Galo fruit, whole

Scientific name: *Anacolosia frutescens*

Alternate/Common name(s):

Edible portion: 87%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	59.6
Energy, calculated (kcal)	165
Protein (g)	3.9
Total Fat (g)	1.8
Carbohydrate, total (g)	33.4
Ash, total (g)	1.3

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)	25
Phosphorus, P (mg)	65
Iron, Fe (mg)	1.7
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	410
Retinol Activity Equivalent, RAE (µg)	34
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	21

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