



Food ID: D082

Food name and Description: Galo pulp, boiled

Scientific name: *Anacolosia frutescens*

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	79.6
Energy, calculated (kcal)	80
Protein (g)	3
Total Fat (g)	0.4
Carbohydrate, total (g)	16.2
Ash, total (g)	0.8

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)	28
Phosphorus, P (mg)	54
Iron, Fe (mg)	1.3
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	770
Retinol Activity Equivalent, RAE (µg)	64
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	12

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