



Food ID: D123

Food name and Description: Malibaddu

Scientific name: *Syzygium lineatum*

Alternate/Common name(s): Lubeg

Edible portion: 79%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	87
Energy, calculated (kcal)	50
Protein (g)	1.2
Total Fat (g)	0.2
Carbohydrate, total (g)	10.8
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)	46
Phosphorus, P (mg)	23
Iron, Fe (mg)	0.4
Sodium, Na (mg)	11

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	500
Retinol Activity Equivalent, RAE (µg)	42
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	1049

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