



**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