



Food ID: D205

Food name and Description: Snake gourd fruit

Scientific name: *Trichosanthes cucumerina* var. *anguina*

Alternate/Common name(s): Pakupis bunga

Edible portion: 86%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	95.2
Energy, calculated (kcal)	18
Protein (g)	0.6
Total Fat (g)	0
Carbohydrate, total (g)	4
Ash, total (g)	0.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.3
Sugars, total (g)	2.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	22
Phosphorus, P (mg)	15
Iron, Fe (mg)	0.3
Sodium, Na (mg)	7

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	140
Retinol Activity Equivalent, RAE (µg)	12
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.3
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