

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: D215 Food name and Description: Spanish plum, young lvs Scientific name: *Spondias purpurea* Alternate/Common name(s): Siniguelas talbos Edible portion: 81%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	83.6
Energy, calculated (kcal)	66
Protein (g)	4.5
Total Fat (g)	1.2
Carbohydrate, total (g)	9.3
Ash, total (g)	1.4

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)	171
Phosphorus, P (mg)	79
Iron, Fe (mg)	2
Sodium, Na (mg)	4

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (μg)	6655
Retinol Activity Equivalent, RAE (µg)	555
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.29
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	68

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0.37
Fatty acids, monounsaturated, total (g)	0.06
Fatty acids, polyunsaturated, total(g)	0.41
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 07/20/2025 11:38:46