



**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