



Food ID: D216

Food name and Description: Spanish plum, young lvs, boiled

Scientific name: *Spondias purpurea*

Alternate/Common name(s): Siniguelas talbos, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	90.3
Energy, calculated (kcal)	39
Protein (g)	1.9
Total Fat (g)	0.6
Carbohydrate, total (g)	6.4
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)	113
Phosphorus, P (mg)	29
Iron, Fe (mg)	0.5
Sodium, Na (mg)	2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2875
Retinol Activity Equivalent, RAE (µg)	240
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	42

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.19
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.2
Cholesterol (mg)	0