



Food ID: D219
Food name and Description: Sponge gourd fruit
Scientific name: *Luffa cylindrica*
Alternate/Common name(s): Patola bunga
Edible portion: 84%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	94.5
Energy, calculated (kcal)	21
Protein (g)	0.7
Total Fat (g)	0.1
Carbohydrate, total (g)	4.3
Ash, total (g)	0.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.4
Sugars, total (g)	3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	15
Phosphorus, P (mg)	22
Iron, Fe (mg)	0.3
Potassium, K (mg)	117
Sodium, Na (mg)	8
Zinc, Zn (mg)	0.2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	36
Retinol Activity Equivalent, RAE (µg)	3
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	5

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.01
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0.01
Stearic, C18 (g)	0
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.02
Oleic , C18:1 (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.04
Linoleic, C18:2 (g)	0.04
Linolenic, C18:3 (g)	0
Cholesterol (mg)	0