



Food ID: D296

Food name and Description: Bitter melon/gourd, wild, fruit, raw

Scientific name: *Momordica charantia*

Alternate/Common name(s): Ampalayang ligaw

Edible portion: 74%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	92.5
Energy, calculated (kcal)	29
Protein (g)	1.2
Total Fat (g)	0.3
Carbohydrate, total (g)	5.4
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.4
Sugars, total (g)	2.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	19
Phosphorus, P (mg)	44
Iron, Fe (mg)	0.7
Potassium, K (mg)	267
Sodium, Na (mg)	7
Zinc, Zn (mg)	0

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1054
Retinol Activity Equivalent, RAE (µg)	88
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	5

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.09
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0
Stearic, C18 (g)	0
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0
Oleic , C18:1 (g)	0
Fatty acids, polyunsaturated, total(g)	0.13
Linoleic, C18:2 (g)	0
Linolenic, C18:3 (g)	0
Cholesterol (mg)	0