



Food ID: D299

Food name and Description: Ivy gourd, immature fruit, raw

Scientific name: *Coccinia grandis*

Alternate/Common name(s): Tamling bunga

Edible portion: 96%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	92.7
Energy, calculated (kcal)	28
Protein (g)	1.2
Total Fat (g)	0.3
Carbohydrate, total (g)	5.2
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.1
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	30
Phosphorus, P (mg)	43
Iron, Fe (mg)	0.5
Potassium, K (mg)	745
Sodium, Na (mg)	10
Zinc, Zn (mg)	0

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (μg)	0
beta-Carotene (μg)	115
Retinol Activity Equivalent, RAE (μg)	10
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	2

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
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)	-
Oleic , C18:1 (g)	0
Fatty acids, polyunsaturated, total(g)	-
Linoleic, C18:2 (g)	0
Linolenic, C18:3 (g)	0
Cholesterol (mg)	0