

**Food ID:** D301**Food name and Description:** Libas, mature lvs**Scientific name:** *Spondias pinnata***Alternate/Common name(s):** Common hog plum lvs, mature**Edible portion:** -%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	75.3
Energy, calculated (kcal)	90
Protein (g)	3.8
Total Fat (g)	1.3
Carbohydrate, total (g)	15.7
Ash, total (g)	3.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	8.7
Sugars, total (g)	0.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	768
Phosphorus, P (mg)	76
Iron, Fe (mg)	3.1
Potassium, K (mg)	1053
Sodium, Na (mg)	9
Zinc, Zn (mg)	0.5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	5556
Retinol Activity Equivalent, RAE (µg)	463
Thiamin, Vitamin B1 (mg)	0.11
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	1.7
Ascorbic Acid, Vitamin C (mg)	30

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.4
Fatty acids, monounsaturated, total (g)	0.07

Fatty acids, polyunsaturated, total(g)	0.44
Cholesterol (mg)	0