



**Food ID:** E003

**Food name and Description:** Atemoya

**Scientific name:** *Annona cherimola x Annona squamosa*

**Alternate/Common name(s):**

**Edible portion:** 46%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	84.2
Energy, calculated (kcal)	63
Protein (g)	0.5
Total Fat (g)	0.3
Carbohydrate, total (g)	14.5
Ash, total (g)	0.5

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.3
Sugars, total (g)	9.9

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	62
Phosphorus, P (mg)	30
Iron, Fe (mg)	0.5
Sodium, Na (mg)	5

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	2

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.1
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.08
Cholesterol (mg)	0