



Food ID: E019

Food name and Description: Bilimbi

Scientific name: *Averrhoa bilimbi*

Alternate/Common name(s): Kamyas/Kamias/Kalamyas

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	94.3
Energy, calculated (kcal)	23
Protein (g)	0.7
Total Fat (g)	0.2
Carbohydrate, total (g)	4.5
Ash, total (g)	0.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.9
Sugars, total (g)	2.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	8
Phosphorus, P (mg)	11
Iron, Fe (mg)	0.4
Sodium, Na (mg)	4

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	100
Retinol Activity Equivalent, RAE (µg)	8
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	10

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.01
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.11
Cholesterol (mg)	0