

Republic of the Philippines **Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE** General Santos Avenue, Bicutan, Taguig City, Philippines

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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 12:14:11