



Food ID: E021

Food name and Description: Barbados gooseberry

Scientific name: *Pereskia aculeata*

Alternate/Common name(s):

Edible portion: 46%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	91.4
Energy, calculated (kcal)	36
Protein (g)	1
Total Fat (g)	0.7
Carbohydrate, total (g)	6.3
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	174
Phosphorus, P (mg)	26
Iron, Fe (mg)	0
Sodium, Na (mg)	1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1930
Retinol Activity Equivalent, RAE (µg)	161
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	2

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.05
Fatty acids, monounsaturated, total (g)	0.06
Fatty acids, polyunsaturated, total(g)	0.38
Cholesterol (mg)	0