



Food ID: E024

Food name and Description: Canistel

Scientific name: *Pouteria campechiana*

Alternate/Common name(s): Tiesa/Eggfruit

Edible portion: 73%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	57.2
Energy, calculated (kcal)	172
Protein (g)	2.5
Total Fat (g)	0.6
Carbohydrate, total (g)	39.1
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	10.3
Sugars, total (g)	26.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	40
Phosphorus, P (mg)	30
Iron, Fe (mg)	1.1
Sodium, Na (mg)	10

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1235
Retinol Activity Equivalent, RAE (µg)	103
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	2.5
Ascorbic Acid, Vitamin C (mg)	40

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.22
Fatty acids, monounsaturated, total (g)	0.13
Fatty acids, polyunsaturated, total(g)	0.13
Cholesterol (mg)	0