



**Food ID:** E025

**Food name and Description:** Cashew fruit

**Scientific name:** *Anacardium occidentale*

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

**Edible portion:** 90%

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

Water (g)	84.6
Energy, calculated (kcal)	63
Protein (g)	0.7
Total Fat (g)	0.6
Carbohydrate, total (g)	13.8
Ash, total (g)	0.3

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

Fiber, total dietary (g)	0.8
Sugars, total (g)	7.5

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

Calcium, Ca (mg)	4
Phosphorus, P (mg)	13
Iron, Fe (mg)	0.5
Sodium, Na (mg)	3

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	15
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	167

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

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