



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