



**Food ID:** E026

**Food name and Description:** Java apple

**Scientific name:** *Syzygium samarangense*

**Alternate/Common name(s):** Makopa/Wax jambu/Wax apple

**Edible portion:** 80%

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

Water (g)	91.5
Energy, calculated (kcal)	34
Protein (g)	0.4
Total Fat (g)	0.1
Carbohydrate, total (g)	7.8
Ash, total (g)	0.2

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

Fiber, total dietary (g)	1.3
Sugars, total (g)	6.1

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

Calcium, Ca (mg)	17
Phosphorus, P (mg)	7
Iron, Fe (mg)	0.3
Sodium, Na (mg)	2

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	13

## **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