



Food ID: E027

Food name and Description: Custard apple

Scientific name: *Annona reticulata*

Alternate/Common name(s): Anonas/Bullock's heart

Edible portion: 55%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	66.1
Energy, calculated (kcal)	131
Protein (g)	1.4
Total Fat (g)	0.2
Carbohydrate, total (g)	31
Ash, total (g)	1.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.9
Sugars, total (g)	22.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	50
Phosphorus, P (mg)	27
Iron, Fe (mg)	0.5
Sodium, Na (mg)	5

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)	0.1
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	90

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.07
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.07
Cholesterol (mg)	0