



Food ID: E029

Food name and Description: Velvet apple

Scientific name: *Diospyros blancoi*

Alternate/Common name(s): Mabolo

Edible portion: 60%

Proximates (Food Composition per 100g Edible Portion)

| | |
|---------------------------|------|
| Water (g) | 77.7 |
| Energy, calculated (kcal) | 88 |
| Protein (g) | 0.6 |
| Total Fat (g) | 0.3 |
| Carbohydrate, total (g) | 20.8 |
| Ash, total (g) | 0.6 |

Other Carbohydrate (Food Composition per 100g Edible Portion)

| | |
|--------------------------|------|
| Fiber, total dietary (g) | 4.1 |
| Sugars, total (g) | 14.2 |

Minerals (Food Composition per 100g Edible Portion)

| | |
|--------------------|-----|
| Calcium, Ca (mg) | 46 |
| Phosphorus, P (mg) | 18 |
| Iron, Fe (mg) | 0.6 |
| Sodium, Na (mg) | 3 |

Vitamins (Food Composition per 100g Edible Portion)

| | |
|---------------------------------------|------|
| Retinol, Vitamin A (µg) | 0 |
| beta-Carotene (µg) | 20 |
| Retinol Activity Equivalent, RAE (µg) | 2 |
| Thiamin, Vitamin B1 (mg) | 0.02 |
| Riboflavin, Vitamin B2 (mg) | 0.03 |
| Niacin (mg) | 0.3 |
| Ascorbic Acid, Vitamin C (mg) | 16 |

Lipids (Food Composition per 100g Edible Portion)

| | |
|---|------|
| Fatty acids, saturated, total (g) | 0.03 |
| Fatty acids, monounsaturated, total (g) | 0.06 |
| Fatty acids, polyunsaturated, total(g) | 0.07 |
| Cholesterol (mg) | 0 |