



**Food ID:** E031

**Food name and Description:** Guava, red

**Scientific name:** *Psidium guajava*

**Alternate/Common name(s):** Bayabas, pula

**Edible portion:** 99%

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

Water (g)	74.3
Energy, calculated (kcal)	102
Protein (g)	0.9
Total Fat (g)	0.4
Carbohydrate, total (g)	23.8
Ash, total (g)	0.6

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

Fiber, total dietary (g)	7.2
Sugars, total (g)	11.9

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

Calcium, Ca (mg)	34
Phosphorus, P (mg)	26
Iron, Fe (mg)	0.6
Sodium, Na (mg)	5

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	65
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	158

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

Fatty acids, saturated, total (g)	0.11
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.17
Cholesterol (mg)	0