



Food ID: E033

Food name and Description: Jackfruit

Scientific name: *Artocarpus heterophyllus*

Alternate/Common name(s): Langka/Nangka

Edible portion: 34%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	71.8
Energy, calculated (kcal)	111
Protein (g)	1.4
Total Fat (g)	0.4
Carbohydrate, total (g)	25.4
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.6
Sugars, total (g)	20.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	30
Phosphorus, P (mg)	18
Iron, Fe (mg)	1.1
Sodium, Na (mg)	2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	105
Retinol Activity Equivalent, RAE (µg)	9
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	5

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.12
Fatty acids, monounsaturated, total (g)	0.1
Fatty acids, polyunsaturated, total(g)	0.06
Cholesterol (mg)	0