



**Food ID:** E035

**Food name and Description:** Jamaica cherry

**Scientific name:** *Muntingia calabura*

**Alternate/Common name(s):** Datiles/Aratiles

**Edible portion:** 82%

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

Water (g)	75
Energy, calculated (kcal)	100
Protein (g)	2
Total Fat (g)	0.6
Carbohydrate, total (g)	21.6
Ash, total (g)	0.8

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

Fiber, total dietary (g)	-
Sugars, total (g)	-

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

Calcium, Ca (mg)	104
Phosphorus, P (mg)	52
Iron, Fe (mg)	0.3
Sodium, Na (mg)	-

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	150

## **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