



Food ID: E037

Food name and Description: Kaffir lime

Scientific name: *Citrus hystrix*

Alternate/Common name(s): Kabuyaw

Edible portion: 31%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	90.8
Energy, calculated (kcal)	42
Protein (g)	0.6
Total Fat (g)	1.3
Carbohydrate, total (g)	7
Ash, total (g)	0.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.2
Sugars, total (g)	1.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	23
Phosphorus, P (mg)	8
Iron, Fe (mg)	0.6
Sodium, Na (mg)	2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	195
Retinol Activity Equivalent, RAE (µg)	16
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	35

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.14
Fatty acids, monounsaturated, total (g)	0.12
Fatty acids, polyunsaturated, total(g)	0.36
Cholesterol (mg)	0