



Food ID: E039

Food name and Description: Lanzon

Scientific name: *Lansium domesticum*

Alternate/Common name(s): Lansones/Langsat

Edible portion: 68%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	83.9
Energy, calculated (kcal)	64
Protein (g)	1
Total Fat (g)	0.3
Carbohydrate, total (g)	14.2
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.7
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	19
Phosphorus, P (mg)	25
Iron, Fe (mg)	0.9
Sodium, Na (mg)	1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	2

Lipids (Food Composition per 100g Edible Portion)

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