

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: E040 Food name and Description: Lemon Scientific name: *Citrus limon* Alternate/Common name(s): Limon Edible portion: 50%

# Proximates (Food Composition per 100g Edible Portion)

Water (g)	91.4
Energy, calculated (kcal)	42
Protein (g)	0.5
Total Fat (g)	1.6
Carbohydrate, total (g)	6.3
Ash, total (g)	0.2

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

Fiber, total dietary (g)	2.2
Sugars, total (g)	2

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	8
Phosphorus, P (mg)	7
Iron, Fe (mg)	0.2
Sodium, Na (mg)	2

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

Retinol, Vitamin A (μg)	0
beta-Carotene (µg)	16
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	45

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

Fatty acids, saturated, total (g	0.21
Fatty acids, monounsaturated, total (g)	0.06
Fatty acids, polyunsaturated, total(g)	0.47
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 12:28:31