



Food ID: E041

Food name and Description: Lemon peel

Scientific name: *Citrus limon*

Alternate/Common name(s): Limon, balat

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	79.4
Energy, calculated (kcal)	82
Protein (g)	1.1
Total Fat (g)	0.3
Carbohydrate, total (g)	18.6
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	11.9
Sugars, total (g)	4.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	128
Phosphorus, P (mg)	16
Iron, Fe (mg)	0.9
Sodium, Na (mg)	7

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.04
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.09
Cholesterol (mg)	0