

**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