



Food ID: E042

Food name and Description: Lime

Scientific name: *Citrus aurantiifolia*

Alternate/Common name(s): Dayap/Key lime

Edible portion: 59%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	90.3
Energy, calculated (kcal)	50
Protein (g)	0.8
Total Fat (g)	2.4
Carbohydrate, total (g)	6.3
Ash, total (g)	0.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.3
Sugars, total (g)	1.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	17
Phosphorus, P (mg)	11
Iron, Fe (mg)	0.1
Sodium, Na (mg)	2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	20
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	41

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.26
Fatty acids, monounsaturated, total (g)	0.23
Fatty acids, polyunsaturated, total(g)	0.66
Cholesterol (mg)	0