



Food ID: E043

Food name and Description: Lime peel

Scientific name: *Citrus aurantiifolia*

Alternate/Common name(s): Dayap, balat

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	68.2
Energy, calculated (kcal)	121
Protein (g)	3.4
Total Fat (g)	0.2
Carbohydrate, total (g)	26.5
Ash, total (g)	1.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	18.3
Sugars, total (g)	7.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	240
Phosphorus, P (mg)	52
Iron, Fe (mg)	1.4
Sodium, Na (mg)	10

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	110
Retinol Activity Equivalent, RAE (µg)	9
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	76

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.03
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.06
Cholesterol (mg)	0