



**Food ID:** E046

**Food name and Description:** Madras thorn

**Scientific name:** *Pithecellobium dulce*

**Alternate/Common name(s):** Camachile/Kamatsile/Manila tamarind

**Edible portion:** 50%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	76.7
Energy, calculated (kcal)	93
Protein (g)	3.2
Total Fat (g)	0.4
Carbohydrate, total (g)	19.1
Ash, total (g)	0.6

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

Fiber, total dietary (g)	-
Sugars, total (g)	16.6

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	13
Phosphorus, P (mg)	42
Iron, Fe (mg)	0.5
Sodium, Na (mg)	19

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	15
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.27
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	143

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

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-