



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)	-