



Food ID: E059

Food name and Description: Many-spiked flacourtia

Scientific name: *Flacourtia indica*

Alternate/Common name(s): Seryale/Bitangol/Governor's Plum

Edible portion: 39%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	70.6
Energy, calculated (kcal)	118
Protein (g)	0.6
Total Fat (g)	0.6
Carbohydrate, total (g)	27.6
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.9
Sugars, total (g)	21.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	44
Phosphorus, P (mg)	22
Iron, Fe (mg)	1.2
Sodium, Na (mg)	1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	60
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	7

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0