



Food ID: E060

Food name and Description: Marmalade plum

Scientific name: *Pouteria sapota*

Alternate/Common name(s): Chico-mamey

Edible portion: 73%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	71.1
Energy, calculated (kcal)	113
Protein (g)	1.2
Total Fat (g)	0.3
Carbohydrate, total (g)	26.4
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.4
Sugars, total (g)	16.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	21
Phosphorus, P (mg)	17
Iron, Fe (mg)	0.9
Sodium, Na (mg)	6

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	65
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	1.5
Ascorbic Acid, Vitamin C (mg)	10

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.11
Fatty acids, monounsaturated, total (g)	0.07
Fatty acids, polyunsaturated, total(g)	0.06
Cholesterol (mg)	0