



**Food ID:** E079

**Food name and Description:** Sapodilla

**Scientific name:** *Manilkara zapota*

**Alternate/Common name(s):** Chico

**Edible portion:** 84%

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

Water (g)	73.7
Energy, calculated (kcal)	108
Protein (g)	0.5
Total Fat (g)	0.9
Carbohydrate, total (g)	24.5
Ash, total (g)	0.4

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

Fiber, total dietary (g)	6.3
Sugars, total (g)	16.3

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

Calcium, Ca (mg)	37
Phosphorus, P (mg)	9
Iron, Fe (mg)	1
Sodium, Na (mg)	5

## **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)	0.01
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	28

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

Fatty acids, saturated, total (g)	0.16
Fatty acids, monounsaturated, total (g)	0.43
Fatty acids, polyunsaturated, total(g)	0.01
Cholesterol (mg)	0