



**Food ID:** E081

**Food name and Description:** Stinking passion flower fruit

**Scientific name:** *Passiflora foetida*

**Alternate/Common name(s):** Pasionaryang mabaho

**Edible portion:** 50%

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

Water (g)	84.2
Energy, calculated (kcal)	62
Protein (g)	0.6
Total Fat (g)	0.5
Carbohydrate, total (g)	13.7
Ash, total (g)	1

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

Fiber, total dietary (g)	6.1
Sugars, total (g)	6.5

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

Calcium, Ca (mg)	11
Phosphorus, P (mg)	48
Iron, Fe (mg)	0.5
Sodium, Na (mg)	16

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	1.1
Ascorbic Acid, Vitamin C (mg)	18

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

Fatty acids, saturated, total (g)	0.04
Fatty acids, monounsaturated, total (g)	0.06
Fatty acids, polyunsaturated, total(g)	0.29
Cholesterol (mg)	0