



Food ID: E084

Food name and Description: Spanish plum

Scientific name: *Spondias purpurea*

Alternate/Common name(s): Siniguwelas

Edible portion: 64%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.8
Energy, calculated (kcal)	88
Protein (g)	0.9
Total Fat (g)	0.2
Carbohydrate, total (g)	20.6
Ash, total (g)	0.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	22
Phosphorus, P (mg)	35
Iron, Fe (mg)	0.9
Sodium, Na (mg)	2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	225
Retinol Activity Equivalent, RAE (µg)	19
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	50

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