

**Food ID:** E085**Food name and Description:** Star apple, green**Scientific name:** *Chrysophyllum cainito***Alternate/Common name(s):** Kaymito, berde**Edible portion:** 53%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	82.6
Energy, calculated (kcal)	74
Protein (g)	0.7
Total Fat (g)	1.1
Carbohydrate, total (g)	15.3
Ash, total (g)	0.3

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

Fiber, total dietary (g)	2.7
Sugars, total (g)	10

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

Calcium, Ca (mg)	17
Phosphorus, P (mg)	13
Iron, Fe (mg)	0.4
Sodium, Na (mg)	8

**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)	0.02
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	7

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

Fatty acids, saturated, total (g)	0.4
Fatty acids, monounsaturated, total (g)	0.24
Fatty acids, polyunsaturated, total(g)	0.23
Cholesterol (mg)	0