



**Food ID:** E087

**Food name and Description:** Starfruit

**Scientific name:** *Averrhoa carambola*

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

**Edible portion:** 88%

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

Water (g)	90.7
Energy, calculated (kcal)	39
Protein (g)	0.5
Total Fat (g)	0.7
Carbohydrate, total (g)	7.7
Ash, total (g)	0.4

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

Fiber, total dietary (g)	3
Sugars, total (g)	4.3

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

Calcium, Ca (mg)	8
Phosphorus, P (mg)	22
Iron, Fe (mg)	0.8
Sodium, Na (mg)	2

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	35
Retinol Activity Equivalent, RAE (µg)	3
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	33

## **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)	0.39
Cholesterol (mg)	0