



Food ID: E089

Food name and Description: Sugar apple/Sweetsop

Scientific name: *Annona squamosa*

Alternate/Common name(s): Atis

Edible portion: 50%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	73.8
Energy, calculated (kcal)	104
Protein (g)	1.3
Total Fat (g)	0.4
Carbohydrate, total (g)	23.7
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.3
Sugars, total (g)	17.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	41
Phosphorus, P (mg)	39
Iron, Fe (mg)	0.9
Sodium, Na (mg)	4

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	45
Retinol Activity Equivalent, RAE (µg)	4
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	40

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.07
Fatty acids, monounsaturated, total (g)	0.16
Fatty acids, polyunsaturated, total(g)	0.06
Cholesterol (mg)	0