



**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