



**Food ID:** E093

**Food name and Description:** Tamarind, ripe

**Scientific name:** *Tamarindus indica*

**Alternate/Common name(s):** Sampalok, hinog

**Edible portion:** 44%

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

Water (g)	33.4
Energy, calculated (kcal)	258
Protein (g)	2
Total Fat (g)	0.6
Carbohydrate, total (g)	61.1
Ash, total (g)	2.9

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

Fiber, total dietary (g)	5
Sugars, total (g)	37.7

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

Calcium, Ca (mg)	94
Phosphorus, P (mg)	78
Iron, Fe (mg)	0.9
Sodium, Na (mg)	4

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.33
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	4

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

Fatty acids, saturated, total (g)	0.27
Fatty acids, monounsaturated, total (g)	0.18
Fatty acids, polyunsaturated, total(g)	0.06
Cholesterol (mg)	0