



**Food ID:** E095

**Food name and Description:** Tamarind, unripe, boiled

**Scientific name:** *Tamarindus indica*

**Alternate/Common name(s):** Sampalok, hilaw, nilaga

**Edible portion:** 100%

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

Water (g)	92.2
Energy, calculated (kcal)	30
Protein (g)	0.7
Total Fat (g)	0.1
Carbohydrate, total (g)	6.6
Ash, total (g)	0.4

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

Fiber, total dietary (g)	-
Sugars, total (g)	-

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

Calcium, Ca (mg)	17
Phosphorus, P (mg)	16
Iron, Fe (mg)	0.2
Sodium, Na (mg)	-

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	25
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	8

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

Fatty acids, saturated, total (g)	0.05
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.01
Cholesterol (mg)	0