



Food ID: E103

Food name and Description: Bilimbi, pickled

Scientific name:

Alternate/Common name(s): Kamias, buro

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	84.7
Energy, calculated (kcal)	22
Protein (g)	0.5
Total Fat (g)	0.1
Carbohydrate, total (g)	4.7
Ash, total (g)	10

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.4
Sugars, total (g)	2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	111
Phosphorus, P (mg)	9
Iron, Fe (mg)	0.6
Sodium, Na (mg)	2609

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	40
Retinol Activity Equivalent, RAE (µg)	3
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0