



**Food ID:** E110

**Food name and Description:** Peach, in heavy syrup, cnd

**Scientific name:**

**Alternate/Common name(s):** Milokoton, hiniwa, may arnibal, nakalata

**Edible portion:** 100%

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

Water (g)	82.7
Energy, calculated (kcal)	73
Protein (g)	0.4
Total Fat (g)	0.9
Carbohydrate, total (g)	15.8
Ash, total (g)	0.2

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

Fiber, total dietary (g)	1.1
Sugars, total (g)	-

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

Calcium, Ca (mg)	22
Phosphorus, P (mg)	7
Iron, Fe (mg)	0.4
Sodium, Na (mg)	5

## **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
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.09
Fatty acids, monounsaturated, total (g)	0.32
Fatty acids, polyunsaturated, total(g)	0.42
Cholesterol (mg)	0