



Food ID: E117
Food name and Description: Dragon fruit
Scientific name: *Hylocereus undatus*
Alternate/Common name(s): Pitaya
Edible portion: 63%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	84.1
Energy, calculated (kcal)	66
Protein (g)	1
Total Fat (g)	1
Carbohydrate, total (g)	13.2
Ash, total (g)	0.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

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

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	10
Phosphorus, P (mg)	32
Iron, Fe (mg)	0.4
Potassium, K (mg)	268
Sodium, Na (mg)	18
Zinc, Zn (mg)	0.3

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	17

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.06
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0.03
Stearic, C18 (g)	0.02
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.09
Oleic , C18:1 (g)	0.09
Fatty acids, polyunsaturated, total(g)	0.55
Linoleic, C18:2 (g)	0.47
Linolenic, C18:3 (g)	0.08
Cholesterol (mg)	0