

**Food ID:** E118**Food name and Description:** Kandis, flesh**Scientific name:** *Garcinia lateriflora***Alternate/Common name(s):** N/A**Edible portion:** 44%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	84.1
Energy, calculated (kcal)	65
Protein (g)	0.3
Total Fat (g)	0.5
Carbohydrate, total (g)	14.9
Ash, total (g)	0.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.6
Sugars, total (g)	2.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	32
Phosphorus, P (mg)	21
Iron, Fe (mg)	0.1
Potassium, K (mg)	64
Sodium, Na (mg)	5
Zinc, Zn (mg)	0.2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1897
Retinol Activity Equivalent, RAE (µg)	158
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.9
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