



**Food ID:** E120

**Food name and Description:** Libas fruit, ripe

**Scientific name:** *Spondias pinnata*

**Alternate/Common name(s):** Common hog plum fruit, ripe

**Edible portion:** 22%

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

Water (g)	86.8
Energy, calculated (kcal)	51
Protein (g)	0.8
Total Fat (g)	0.1
Carbohydrate, total (g)	11.7
Ash, total (g)	0.6

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

Fiber, total dietary (g)	2.6
Sugars, total (g)	7.7

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

Calcium, Ca (mg)	19
Phosphorus, P (mg)	6
Iron, Fe (mg)	0.2
Potassium, K (mg)	221
Sodium, Na (mg)	26
Zinc, Zn (mg)	0.2

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	42
Retinol Activity Equivalent, RAE (µg)	4
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	14

## **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