



Food ID: E121

Food name and Description: Libas fruit, unripe

Scientific name: *Spondias pinnata*

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

Edible portion: 80%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	89.9
Energy, calculated (kcal)	40
Protein (g)	0.8
Total Fat (g)	0.1
Carbohydrate, total (g)	8.9
Ash, total (g)	0.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3
Sugars, total (g)	2.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	25
Phosphorus, P (mg)	5
Iron, Fe (mg)	0.2
Potassium, K (mg)	63
Sodium, Na (mg)	8
Zinc, Zn (mg)	0.1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	73
Retinol Activity Equivalent, RAE (µg)	6
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	3

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