

**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