

**Food ID:** E122**Food name and Description:** Maraitum**Scientific name:** *Nephelium sp.***Alternate/Common name(s):** N/A**Edible portion:** 19%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	76.8
Energy, calculated (kcal)	92
Protein (g)	0.5
Total Fat (g)	0.2
Carbohydrate, total (g)	22
Ash, total (g)	0.5

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

Fiber, total dietary (g)	0
Sugars, total (g)	18.9

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

Calcium, Ca (mg)	5
Phosphorus, P (mg)	17
Iron, Fe (mg)	0.3
Potassium, K (mg)	147
Sodium, Na (mg)	24
Zinc, Zn (mg)	0.3

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	0.5
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