



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