



Food ID: E124

Food name and Description: Sapinit

Scientific name: *Rubus moluccanus*

Alternate/Common name(s): Wild raspberry

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	82
Energy, calculated (kcal)	76
Protein (g)	1.2
Total Fat (g)	1.1
Carbohydrate, total (g)	15.2
Ash, total (g)	0.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	8
Sugars, total (g)	6.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	40
Phosphorus, P (mg)	37
Iron, Fe (mg)	0.6
Potassium, K (mg)	674
Sodium, Na (mg)	9
Zinc, Zn (mg)	0.4

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	89
Retinol Activity Equivalent, RAE (µg)	7
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	1

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.03
Fatty acids, monounsaturated, total (g)	0.11

Fatty acids, polyunsaturated, total(g)	0.63
Cholesterol (mg)	0