



Food ID: E125

Food name and Description: Tabo

Scientific name: *Willughbeia* sp.

Alternate/Common name(s): N/A

Edible portion: 14%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	72.3
Energy, calculated (kcal)	110
Protein (g)	0.4
Total Fat (g)	0.2
Carbohydrate, total (g)	26.7
Ash, total (g)	0.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.4
Sugars, total (g)	18.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	7
Phosphorus, P (mg)	36
Iron, Fe (mg)	0.2
Potassium, K (mg)	135
Sodium, Na (mg)	16
Zinc, Zn (mg)	0.2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	1.5
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