



**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