



Food ID: M001

Food name and Description: Breadfruit, candied

Scientific name:

Alternate/Common name(s): Rimas, candied

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	15.1
Energy, calculated (kcal)	341
Protein (g)	0.6
Total Fat (g)	0.5
Carbohydrate, total (g)	83.4
Ash, total (g)	0.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	82.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	90
Phosphorus, P (mg)	10
Iron, Fe (mg)	1
Sodium, Na (mg)	100

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
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.07
Fatty acids, monounsaturated, total (g)	0.06
Fatty acids, polyunsaturated, total(g)	0.14
Cholesterol (mg)	0