



Food ID: M018

Food name and Description: Fudge, jackfruit

Scientific name:

Alternate/Common name(s): Pastilyas, langka

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	8.9
Energy, calculated (kcal)	358
Protein (g)	8.9
Total Fat (g)	0.3
Carbohydrate, total (g)	79.9
Ash, total (g)	2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	61.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	350
Phosphorus, P (mg)	250
Iron, Fe (mg)	1.8
Sodium, Na (mg)	170

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	2
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	3
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.35
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	4

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.19
Fatty acids, monounsaturated, total (g)	0.08
Fatty acids, polyunsaturated, total(g)	0.02
Cholesterol (mg)	1