



**Food ID:** M024

**Food name and Description:** Jam, jackfruit & pineapple, cnd

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	50.2
Energy, calculated (kcal)	198
Protein (g)	0.7
Total Fat (g)	0.1
Carbohydrate, total (g)	48.6
Ash, total (g)	0.4

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.8
Sugars, total (g)	34.7

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	36
Phosphorus, P (mg)	5
Iron, Fe (mg)	0.5
Sodium, Na (mg)	23

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	20
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	13

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.01
Fatty acids, monounsaturated, total (g)	0.05
Fatty acids, polyunsaturated, total(g)	0
Cholesterol (mg)	0