

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 14:11:32