



**Food ID:** M049

**Food name and Description:** Tamarind, candied

**Scientific name:**

**Alternate/Common name(s):** Sampalok, candied

**Edible portion:** 93%

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

Water (g)	16.7
Energy, calculated (kcal)	335
Protein (g)	0.4
Total Fat (g)	0.7
Carbohydrate, total (g)	81.7
Ash, total (g)	0.5

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

Fiber, total dietary (g)	-
Sugars, total (g)	80.7

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

Calcium, Ca (mg)	62
Phosphorus, P (mg)	12
Iron, Fe (mg)	0.4
Sodium, Na (mg)	98

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	9
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	0.4
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