



Food ID: N001

Food name and Description: Bilimbi, dried

Scientific name:

Alternate/Common name(s): Kamyas, tuyo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	7.7
Energy, calculated (kcal)	401
Protein (g)	11.4
Total Fat (g)	9
Carbohydrate, total (g)	68.5
Ash, total (g)	3.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	42.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	264
Phosphorus, P (mg)	104
Iron, Fe (mg)	21.1
Sodium, Na (mg)	21

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	180
Retinol Activity Equivalent, RAE (µg)	15
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	3.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.52
Fatty acids, monounsaturated, total (g)	0.82
Fatty acids, polyunsaturated, total(g)	5.02
Cholesterol (mg)	0