



**Food ID:** Q027

**Food name and Description:** Fruit jce drnk, guyabano, btl

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	82.5
Energy, calculated (kcal)	75
Protein (g)	0.1
Total Fat (g)	1
Carbohydrate, total (g)	16.3
Ash, total (g)	0.1

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

Fiber, total dietary (g)	3.1
Sugars, total (g)	12.6

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

Calcium, Ca (mg)	22
Phosphorus, P (mg)	2
Iron, Fe (mg)	0.1
Sodium, Na (mg)	4

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	30

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

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