



**Food ID:** S017

**Food name and Description:** Peach, str

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	72.2
Energy, calculated (kcal)	112
Protein (g)	0.6
Total Fat (g)	0.3
Carbohydrate, total (g)	26.6
Ash, total (g)	0.3

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

Fiber, total dietary (g)	2.2
Sugars, total (g)	19.6

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

Calcium, Ca (mg)	22
Phosphorus, P (mg)	17
Iron, Fe (mg)	0.2
Sodium, Na (mg)	7

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	65
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	8

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

Fatty acids, saturated, total (g)	0.02
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	0