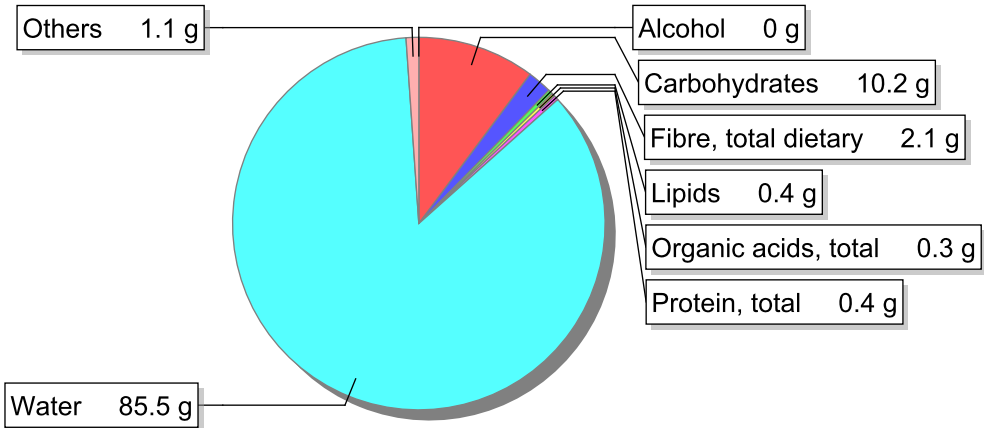


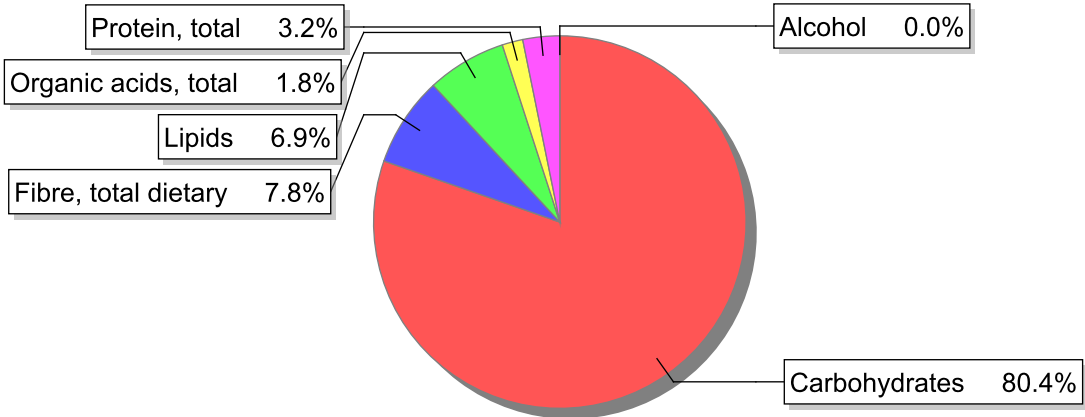
Food

Name: Loquat
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 61%
Code: IS678
FoodEX2 Code: A01DL

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	51	kcal	
energy kJ, total metabolisable	216	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0	g	
sugars, total	10.2	g	
sucrose	2.8	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	2.1	g	
protein, total	0.4	g	57
alcohol	0	g	
water	85.5	g	57
organic acids, total	0.3	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	27	µg	57
carotene, total (vitamin A precursors)	160	µg	57
vitamin D	0	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.04	mg	57
riboflavin	0.06	mg	57
niacin, preformed	0.2	mg	
niacin equivalents, total	0.2	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0.02	mg	
vitamin B-12	0	µg	
vitamin C	1	mg	57
folate, total	14	µg	
ash	0.47	g	
sodium	1	mg	57
potassium	250	mg	
calcium	16	mg	57
phosphorus	11	mg	57
magnesium	14	mg	57
iron, total	0.3	mg	57
zinc	0.1	mg	57

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB