

Basic Report 09544, Baobab powder

Report Date: June 19, 2019 04:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	10.92
Energy	kcal	250
Protein	g	3.69
Total lipid (fat)	g	0.47
Carbohydrate, by difference	g	79.65
Fiber, total dietary	g	44.5
Minerals		
Calcium, Ca	mg	342
Iron, Fe	mg	8.42
Magnesium, Mg	mg	158
Phosphorus, P	mg	47
Potassium, K	mg	2189
Sodium, Na	mg	10
Zinc, Zn	mg	0.92
Vitamins		
Vitamin C, total ascorbic acid	mg	173.2
Thiamin	mg	0.030
Riboflavin	mg	0.074
Niacin	mg	19.983
Vitamin B-6	mg	2.414
Lipids		
Fatty acids, total saturated	g	0.244
Fatty acids, total monounsaturated	g	0.169
Fatty acids, total polyunsaturated	g	0.163
Fatty acids, total trans	g	0.009
Amino Acids		

Nutrient	Unit	1 Value Per100 g
Other		