

P Benincasa hispida

Common Name(s)

Waxgourd

How Used

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Chemical	Plant Part	Low PPM	High PPM	StdDev	Reference	Citation
112	ASCORBIC-ACID	Fruit	130	6750	0.13520569544960165	
0	ASH	Fruit	3000	76925	0.5246718437985197	
53	BETA-CAROTENE	Fruit	--	2.5	-0.14596817417369995	
28	CALCIUM	Fruit	170	4870	0.23392492691050396	
0	CARBOHYDRATES	Fruit	29000	825000	0.2252283137662007	
0	FAT	Fruit	1000	51280	-0.24957957460304236	
15	FIBER	Fruit	5000	200000	0.5503697028387206	
6	IRON	Fruit	4	125	-0.03164687274554018	
0	ISOMULTIFLORENYL-ACETATE	Fruit	--	--		
0	KILOCALORIES	Fruit	130	3335	-0.4944572562002209	
27	LINOLEIC-ACID	Fruit	870	22305	-0.040710156442219765	

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4	LYSINE	Fruit	90	2305	-0.46864103990750755
65	MAGNESIUM	Fruit	190	4870	1.2689010507865595
15	METHIONINE	Fruit	30	770	-0.23214932583276135
13	MUFA	Fruit	370	9485	-0.11591953415943726
39	NIACIN	Fruit	2	102	0.5521345494350811
18	OLEIC-ACID	Fruit	370	9485	-0.40764108904496676
9	OXALIC-ACID	Fruit	34	34	-0.3044741963579158
13	PALMITIC-ACID	Fruit	110	2820	-0.321634173987677
4	PHOSPHORUS	Fruit	70	4870	0.502387234278064
14	POTASSIUM	Fruit	60	28450	0.931936298282774
0	PROTEIN	Fruit	4000	125000	0.20780381197835557
4	PUFA	Fruit	870	22305	0.7572395598533977
15	RIBOFLAVIN	Fruit	0.1	28	4.92384119377217
0	SFA	Fruit	160	4100	-0.28914081265430897
1	SODIUM	Fruit	50	1500	-0.04170747107368489
8	STEARIC-ACID	Fruit	50	1280	-0.19433438070883846
31	THIAMIN	Fruit	--	10	0.5974378588358942
29	TRYPTOPHAN	Fruit	20	515	-0.4707818026060248
0	WATER	Fruit	958000	962000	0.832330615451376