



Food ID: D001

Food name and Description: American black nightshade lvs

Scientific name: *Solanum americanum*

Alternate/Common name(s): Amti dahon

Edible portion: 41%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	84.7
Energy, calculated (kcal)	56
Protein (g)	4.9
Total Fat (g)	0.6
Carbohydrate, total (g)	7.9
Ash, total (g)	2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.3
Sugars, total (g)	1.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	293
Phosphorus, P (mg)	80
Iron, Fe (mg)	14
Sodium, Na (mg)	29

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1865
Retinol Activity Equivalent, RAE (µg)	155
Thiamin, Vitamin B1 (mg)	0.13
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	39

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.05
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.13
Cholesterol (mg)	0