



**Food ID:** D003

**Food name and Description:** Aragan lvs

**Scientific name:** *Najas graminea*

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

**Edible portion:** -%

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

Water (g)	91.8
Energy, calculated (kcal)	29
Protein (g)	1.2
Total Fat (g)	0.3
Carbohydrate, total (g)	5.4
Ash, total (g)	1.3

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

Fiber, total dietary (g)	-
Sugars, total (g)	-

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

Calcium, Ca (mg)	190
Phosphorus, P (mg)	15
Iron, Fe (mg)	4.6
Sodium, Na (mg)	-

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1640
Retinol Activity Equivalent, RAE (µg)	137
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	8

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

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0