

**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