



Food ID: D004

Food name and Description: Asystasia lvs & stems

Scientific name: *Asystasia gangetica*

Alternate/Common name(s): Asistasia/Philippine violet

Edible portion: 55%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	83.8
Energy, calculated (kcal)	61
Protein (g)	3.6
Total Fat (g)	0.9
Carbohydrate, total (g)	9.6
Ash, total (g)	2.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.7
Sugars, total (g)	1.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	220
Phosphorus, P (mg)	42
Iron, Fe (mg)	7.6
Sodium, Na (mg)	31

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	5320
Retinol Activity Equivalent, RAE (µg)	443
Thiamin, Vitamin B1 (mg)	0.16
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	53

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.15
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.38
Cholesterol (mg)	0