

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines

PHOTO TO BE SUPPLIED

Food ID: D005 Food name and Description: Aurora Ivs & stems Scientific name: *Ipomoea triloba* Alternate/Common name(s): Three-lobed morning glory Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	73.2
Energy, calculated (kcal)	108
Protein (g)	2.8
Total Fat (g)	1.9
Carbohydrate, total (g)	19.9
Ash, total (g)	2.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	10.5
Sugars, total (g)	2.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	270
Phosphorus, P (mg)	68
Iron, Fe (mg)	31.5
Sodium, Na (mg)	19

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (μg)	3575
Retinol Activity Equivalent, RAE (µg)	298
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.32
Niacin (mg)	2
Ascorbic Acid, Vitamin C (mg)	41

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0.41
Fatty acids, monounsaturated, total (g)	0.07
Fatty acids, polyunsaturated, total(g)	0.85
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 12:47:21