



**Food ID:** D005

**Food name and Description:** Aurora lvs & 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