

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