



Food ID: D006

Food name and Description: Bago lvs

Scientific name: *Gnetum gnemon*

Alternate/Common name(s): Spanish joint-fir lvs

Edible portion: 75%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	78.1
Energy, calculated (kcal)	91
Protein (g)	6.6
Total Fat (g)	1.5
Carbohydrate, total (g)	12.8
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	7.7
Sugars, total (g)	1.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	131
Phosphorus, P (mg)	61
Iron, Fe (mg)	0.6
Sodium, Na (mg)	1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1925
Retinol Activity Equivalent, RAE (µg)	160
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.19
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	109

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