



Food ID: D020

Food name and Description: Bitter melon/gourd lvs

Scientific name: *Momordica charantia*

Alternate/Common name(s): Ampalaya dahon

Edible portion: 42%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	90.6
Energy, calculated (kcal)	34
Protein (g)	4.2
Total Fat (g)	0.6
Carbohydrate, total (g)	3
Ash, total (g)	1.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.5
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	287
Phosphorus, P (mg)	46
Iron, Fe (mg)	0.8
Potassium, K (mg)	449
Sodium, Na (mg)	9
Zinc, Zn (mg)	0.2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	6819
Retinol Activity Equivalent, RAE (µg)	568
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.22
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	2

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.1
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0
Stearic, C18 (g)	0
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.02
Oleic , C18:1 (g)	0
Fatty acids, polyunsaturated, total(g)	0.25
Linoleic, C18:2 (g)	0
Linolenic, C18:3 (g)	0
Cholesterol (mg)	0