



Food ID: D021

Food name and Description: Bitter melon/gourd lvs, boiled

Scientific name: *Momordica charantia*

Alternate/Common name(s): Ampalaya dahon, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	87.6
Energy, calculated (kcal)	50
Protein (g)	2.2
Total Fat (g)	0.6
Carbohydrate, total (g)	9
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.1
Sugars, total (g)	1.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	74
Phosphorus, P (mg)	25
Iron, Fe (mg)	0.3
Sodium, Na (mg)	14

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1205
Retinol Activity Equivalent, RAE (µg)	100
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	14

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.1
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.25
Cholesterol (mg)	0