

**Food ID:** D027**Food name and Description:** Bottle gourd lvs**Scientific name:** *Lagenaria siceraria***Alternate/Common name(s):** Upo dahon**Edible portion:** 59%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	88.4
Energy, calculated (kcal)	43
Protein (g)	3.3
Total Fat (g)	0.6
Carbohydrate, total (g)	6.2
Ash, total (g)	1.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	292
Phosphorus, P (mg)	77
Iron, Fe (mg)	4.6
Sodium, Na (mg)	12

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	6435
Retinol Activity Equivalent, RAE (µg)	536
Thiamin, Vitamin B1 (mg)	0.16
Riboflavin, Vitamin B2 (mg)	0.22
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	15

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