



**Food ID:** D028

**Food name and Description:** Bottle gourd lvs, boiled

**Scientific name:** *Lagenaria siceraria*

**Alternate/Common name(s):** Upo dahon, nilaga

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	94.1
Energy, calculated (kcal)	22
Protein (g)	1.7
Total Fat (g)	0.3
Carbohydrate, total (g)	3.2
Ash, total (g)	0.7

## **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)	88
Phosphorus, P (mg)	33
Iron, Fe (mg)	2.1
Sodium, Na (mg)	6

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2050
Retinol Activity Equivalent, RAE (µg)	171
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	6

## **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