



Food ID: D033

Food name and Description: Busi-busi lvs

Scientific name: *Synedrella nodiflora*

Alternate/Common name(s):

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	87
Energy, calculated (kcal)	54
Protein (g)	3.1
Total Fat (g)	2
Carbohydrate, total (g)	6
Ash, total (g)	1.9

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)	192
Phosphorus, P (mg)	40
Iron, Fe (mg)	9.6
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	3370
Retinol Activity Equivalent, RAE (µg)	281
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.21
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	21

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