



Food ID: D043

Food name and Description: Cassava lvs

Scientific name: *Manihot esculenta*

Alternate/Common name(s): Kamoteng kahoy/Balinghoy dahon

Edible portion: 34%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	79.4
Energy, calculated (kcal)	83
Protein (g)	7.1
Total Fat (g)	1.4
Carbohydrate, total (g)	10.5
Ash, total (g)	1.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	8
Sugars, total (g)	2.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	175
Phosphorus, P (mg)	117
Iron, Fe (mg)	2.6
Sodium, Na (mg)	7

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	14440
Retinol Activity Equivalent, RAE (µg)	1203
Thiamin, Vitamin B1 (mg)	0.19
Riboflavin, Vitamin B2 (mg)	0.32
Niacin (mg)	1.9
Ascorbic Acid, Vitamin C (mg)	145

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.3
Fatty acids, monounsaturated, total (g)	0.05
Fatty acids, polyunsaturated, total(g)	0.63
Cholesterol (mg)	0