



**Food ID:** D044

**Food name and Description:** Cassava lvs, boiled

**Scientific name:** *Manihot esculenta*

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

**Edible portion:** 100%

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

Water (g)	89.5
Energy, calculated (kcal)	43
Protein (g)	3.4
Total Fat (g)	0.7
Carbohydrate, total (g)	5.7
Ash, total (g)	0.7

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.1
Sugars, total (g)	1.1

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

Calcium, Ca (mg)	102
Phosphorus, P (mg)	48
Iron, Fe (mg)	0.6
Sodium, Na (mg)	4

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	11735
Retinol Activity Equivalent, RAE (µg)	978
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	84

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

Fatty acids, saturated, total (g)	0.15
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.31
Cholesterol (mg)	0