



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