



**Food ID:** D052

**Food name and Description:** Chayote lvs

**Scientific name:** *Sechium edule*

**Alternate/Common name(s):** Sayote dahon/Vegetable pear lvs

**Edible portion:** 35%

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

Water (g)	88.5
Energy, calculated (kcal)	44
Protein (g)	4.6
Total Fat (g)	0.3
Carbohydrate, total (g)	5.7
Ash, total (g)	0.9

### **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)	81
Phosphorus, P (mg)	68
Iron, Fe (mg)	2.8
Sodium, Na (mg)	1

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	11765
Retinol Activity Equivalent, RAE (µg)	980
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	20

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

Fatty acids, saturated, total (g)	0.07
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.12
Cholesterol (mg)	0