



Food ID: D055

Food name and Description: Chinese cabbage, boiled

Scientific name: *Brassica pekinensis*

Alternate/Common name(s): Pechay Baguio, nilaga/Napa cabbage, boiled

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	96.2
Energy, calculated (kcal)	15
Protein (g)	1
Total Fat (g)	0.1
Carbohydrate, total (g)	2.4
Ash, total (g)	0.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.4
Sugars, total (g)	1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	82
Phosphorus, P (mg)	18
Iron, Fe (mg)	0.4
Sodium, Na (mg)	7

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	545
Retinol Activity Equivalent, RAE (µg)	45
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	17

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.02
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.04

Cholesterol (mg)

0