



Food ID: D060

Food name and Description: Coriander lvs

Scientific name: *Coriandrum sativum*

Alternate/Common name(s): Cilantro/Wansoy dahon

Edible portion: 84%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	89.8
Energy, calculated (kcal)	37
Protein (g)	3
Total Fat (g)	0.6
Carbohydrate, total (g)	4.8
Ash, total (g)	1.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.5
Sugars, total (g)	1.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	109
Phosphorus, P (mg)	33
Iron, Fe (mg)	3.1
Potassium, K (mg)	712
Sodium, Na (mg)	29
Zinc, Zn (mg)	0.6

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	4589
Retinol Activity Equivalent, RAE (µg)	382
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.24
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.02
Fatty acids, monounsaturated, total (g)	0.32

Fatty acids, polyunsaturated, total(g)	0.05
Cholesterol (mg)	0