



Food ID: D066

Food name and Description: Crown daisy lvs

Scientific name: *Chrysanthemum coronarium*

Alternate/Common name(s): Tangó dahon/Garland chrysanthemum lvs

Edible portion: 77%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	93.5
Energy, calculated (kcal)	23
Protein (g)	2.3
Total Fat (g)	0.4
Carbohydrate, total (g)	2.6
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.3
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	78
Phosphorus, P (mg)	30
Iron, Fe (mg)	9.4
Sodium, Na (mg)	89

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2910
Retinol Activity Equivalent, RAE (µg)	243
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	17

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0