



Food ID: D067

Food name and Description: Kutcharitas lvs, green

Scientific name: *Alternanthera bettzickiana*

Alternate/Common name(s): Calico plant lvs, green

Edible portion: 74%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	85.6
Energy, calculated (kcal)	54
Protein (g)	2.6
Total Fat (g)	0.8
Carbohydrate, total (g)	9.2
Ash, total (g)	1.8

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)	313
Phosphorus, P (mg)	47
Iron, Fe (mg)	4.5
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	5240
Retinol Activity Equivalent, RAE (µg)	437
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.17
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	38

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