



Food ID: D068

Food name and Description: Kutcharitas lvs, red

Scientific name: *Alternanthera bettzickiana*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.4
Energy, calculated (kcal)	84
Protein (g)	2.3
Total Fat (g)	0.6
Carbohydrate, total (g)	17.4
Ash, total (g)	2.3

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)	296
Phosphorus, P (mg)	31
Iron, Fe (mg)	4.3
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2380
Retinol Activity Equivalent, RAE (µg)	198
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	14

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