



Food ID: D071

Food name and Description: East Indian lotus lvs

Scientific name: *Nelumbo nucifera*

Alternate/Common name(s): Baino dahon

Edible portion: 86%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	88.2
Energy, calculated (kcal)	46
Protein (g)	4.7
Total Fat (g)	0.8
Carbohydrate, total (g)	5
Ash, total (g)	1.3

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)	94
Phosphorus, P (mg)	99
Iron, Fe (mg)	1
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	985
Retinol Activity Equivalent, RAE (µg)	82
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.17
Niacin (mg)	1.1
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