



Food ID: D072

Food name and Description: East Indian lotus lvs, boiled

Scientific name: *Nelumbo nucifera*

Alternate/Common name(s): Baino dahon, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	92.8
Energy, calculated (kcal)	28
Protein (g)	2.9
Total Fat (g)	0.4
Carbohydrate, total (g)	3.1
Ash, total (g)	0.8

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)	56
Phosphorus, P (mg)	61
Iron, Fe (mg)	0.7
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	475
Retinol Activity Equivalent, RAE (µg)	40
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	3

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