



Food ID: D077

Food name and Description: Flowering fern, lvs

Scientific name: *Helminthostachys zeylanica*

Alternate/Common name(s): Tukod langit dahon/Kamraj lvs

Edible portion: 76%

Proximates (Food Composition per 100g Edible Portion)

| | |
|---------------------------|------|
| Water (g) | 82.9 |
| Energy, calculated (kcal) | 68 |
| Protein (g) | 3 |
| Total Fat (g) | 0.6 |
| Carbohydrate, total (g) | 12.6 |
| Ash, total (g) | 0.9 |

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) | 48 |
| Phosphorus, P (mg) | 48 |
| Iron, Fe (mg) | 1.8 |
| Sodium, Na (mg) | - |

Vitamins (Food Composition per 100g Edible Portion)

| | |
|---------------------------------------|------|
| Retinol, Vitamin A (µg) | 0 |
| beta-Carotene (µg) | 2105 |
| Retinol Activity Equivalent, RAE (µg) | 175 |
| Thiamin, Vitamin B1 (mg) | 0 |
| Riboflavin, Vitamin B2 (mg) | 0.1 |
| Niacin (mg) | 0.9 |
| Ascorbic Acid, Vitamin C (mg) | 46 |

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 |