



**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