



Food ID: D079

Food name and Description: Fragrant premna lvs

Scientific name: *Premna odorata*

Alternate/Common name(s): Alagaw dahon

Edible portion: 44%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	74.8
Energy, calculated (kcal)	100
Protein (g)	5.4
Total Fat (g)	1.1
Carbohydrate, total (g)	17
Ash, total (g)	1.7

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)	212
Phosphorus, P (mg)	66
Iron, Fe (mg)	8.4
Sodium, Na (mg)	5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	6825
Retinol Activity Equivalent, RAE (µg)	569
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	1.5
Ascorbic Acid, Vitamin C (mg)	35

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