



Food ID: D080

Food name and Description: Fragrant premna lvs, boiled

Scientific name: *Premna odorata*

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

Edible portion: 82%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	86.5
Energy, calculated (kcal)	53
Protein (g)	1.1
Total Fat (g)	0.3
Carbohydrate, total (g)	11.4
Ash, total (g)	0.7

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)	107
Phosphorus, P (mg)	24
Iron, Fe (mg)	3.2
Sodium, Na (mg)	3

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1355
Retinol Activity Equivalent, RAE (µg)	113
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	10

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