



Food ID: D085

Food name and Description: Garlic lvs

Scientific name: *Allium sativum*

Alternate/Common name(s): Bawang dahon

Edible portion: 87%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	87.1
Energy, calculated (kcal)	50
Protein (g)	2
Total Fat (g)	0.6
Carbohydrate, total (g)	9.2
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	120
Phosphorus, P (mg)	52
Iron, Fe (mg)	1.1
Sodium, Na (mg)	4

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1145
Retinol Activity Equivalent, RAE (µg)	95
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	35

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.11
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.08
Cholesterol (mg)	0