



Food ID: D088

Food name and Description: Glynus lvs

Scientific name: *Glinus oppositifolius*

Alternate/Common name(s): Sarsalida/Papait dahon

Edible portion: 74%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	90
Energy, calculated (kcal)	39
Protein (g)	3.7
Total Fat (g)	0.8
Carbohydrate, total (g)	4.2
Ash, total (g)	1.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.3
Sugars, total (g)	0.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	66
Phosphorus, P (mg)	26
Iron, Fe (mg)	2.5
Potassium, K (mg)	275
Sodium, Na (mg)	164
Zinc, Zn (mg)	1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2888
Retinol Activity Equivalent, RAE (µg)	241
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.12
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