



Food ID: D092

Food name and Description: Himbaba-o lvs

Scientific name: *Broussonetia luzonica*

Alternate/Common name(s): Alokong dahon

Edible portion: 46%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	78.3
Energy, calculated (kcal)	86
Protein (g)	5.8
Total Fat (g)	1.4
Carbohydrate, total (g)	12.6
Ash, total (g)	1.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	1.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	347
Phosphorus, P (mg)	109
Iron, Fe (mg)	4.5
Sodium, Na (mg)	22

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	3035
Retinol Activity Equivalent, RAE (µg)	253
Thiamin, Vitamin B1 (mg)	0.11
Riboflavin, Vitamin B2 (mg)	0.33
Niacin (mg)	1.1
Ascorbic Acid, Vitamin C (mg)	89

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