



Food ID: D093

Food name and Description: Himbaba-o lvs, boiled

Scientific name: *Broussonetia luzonica*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	88
Energy, calculated (kcal)	49
Protein (g)	1.6
Total Fat (g)	0.5
Carbohydrate, total (g)	9.6
Ash, total (g)	0.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	0.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	116
Phosphorus, P (mg)	54
Iron, Fe (mg)	1
Sodium, Na (mg)	12

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	925
Retinol Activity Equivalent, RAE (µg)	77
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	9

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