



**Food ID:** D096

**Food name and Description:** Horseradish tree lvs, dwarf

**Scientific name:** *Moringa oleifera*

**Alternate/Common name(s):** Malunggay dahon, unano

**Edible portion:** 48%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	79.8
Energy, calculated (kcal)	89
Protein (g)	9
Total Fat (g)	3.1
Carbohydrate, total (g)	6.2
Ash, total (g)	1.9

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5
Sugars, total (g)	-

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	189
Phosphorus, P (mg)	103
Iron, Fe (mg)	5.9
Sodium, Na (mg)	13

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	10865
Retinol Activity Equivalent, RAE (µg)	905
Thiamin, Vitamin B1 (mg)	0.45
Riboflavin, Vitamin B2 (mg)	0.29
Niacin (mg)	2.4
Ascorbic Acid, Vitamin C (mg)	227

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.47
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0.78
Cholesterol (mg)	0