



Food ID: D097

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

Scientific name: *Moringa oleifera*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	89
Energy, calculated (kcal)	48
Protein (g)	3
Total Fat (g)	1
Carbohydrate, total (g)	6.8
Ash, total (g)	0.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.2
Sugars, total (g)	0.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	25
Phosphorus, P (mg)	14
Iron, Fe (mg)	0.6
Sodium, Na (mg)	5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2785
Retinol Activity Equivalent, RAE (µg)	232
Thiamin, Vitamin B1 (mg)	0.16
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	69

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