



Food ID: D098

Food name and Description: Horseradish tree lvs, Japanese

Scientific name: *Moringa oleifera*

Alternate/Common name(s): Malunggay dahon, Hapon

Edible portion: 29%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	85.4
Energy, calculated (kcal)	60
Protein (g)	6.2
Total Fat (g)	1.6
Carbohydrate, total (g)	5.2
Ash, total (g)	1.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.6
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	262
Phosphorus, P (mg)	90
Iron, Fe (mg)	6
Sodium, Na (mg)	9

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	6750
Retinol Activity Equivalent, RAE (µg)	563
Thiamin, Vitamin B1 (mg)	0.28
Riboflavin, Vitamin B2 (mg)	0.42
Niacin (mg)	2.8
Ascorbic Acid, Vitamin C (mg)	177

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.24
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0.4
Cholesterol (mg)	0