

**Food ID:** D099**Food name and Description:** Horseradish tree lvs, Japanese, boiled**Scientific name:** *Moringa oleifera***Alternate/Common name(s):** Malunggay dahon, Hapon, nilaga**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	90.1
Energy, calculated (kcal)	42
Protein (g)	2.4
Total Fat (g)	1.1
Carbohydrate, total (g)	5.5
Ash, total (g)	0.9

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

Fiber, total dietary (g)	1.1
Sugars, total (g)	0.5

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

Calcium, Ca (mg)	137
Phosphorus, P (mg)	39
Iron, Fe (mg)	2.2
Sodium, Na (mg)	5

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2435
Retinol Activity Equivalent, RAE (µg)	203
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	50

**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