



Food ID: D107

Food name and Description: Jute lvs

Scientific name: *Corchorus olitorius*

Alternate/Common name(s): Saluyot/Pasaw dahon

Edible portion: 51%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	82
Energy, calculated (kcal)	71
Protein (g)	6.1
Total Fat (g)	1.1
Carbohydrate, total (g)	9.1
Ash, total (g)	1.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	7
Sugars, total (g)	1.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	284
Phosphorus, P (mg)	121
Iron, Fe (mg)	2.1
Potassium, K (mg)	453
Sodium, Na (mg)	5
Zinc, Zn (mg)	0.7

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	9480
Retinol Activity Equivalent, RAE (µg)	790
Thiamin, Vitamin B1 (mg)	0.16
Riboflavin, Vitamin B2 (mg)	0.3
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	13

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.17
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0.13
Stearic, C18 (g)	0.03
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.07
Oleic , C18:1 (g)	0.06
Fatty acids, polyunsaturated, total(g)	0.53
Linoleic, C18:2 (g)	0.51
Linolenic, C18:3 (g)	0.01
Cholesterol (mg)	0