



Food ID: D108

Food name and Description: Jute lvs, boiled

Scientific name: *Corchorus olitorius*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	89.1
Energy, calculated (kcal)	44
Protein (g)	2.9
Total Fat (g)	0.6
Carbohydrate, total (g)	6.8
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.7
Sugars, total (g)	0.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	194
Phosphorus, P (mg)	50
Iron, Fe (mg)	2.3
Sodium, Na (mg)	9

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2965
Retinol Activity Equivalent, RAE (µg)	247
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	23

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.09
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.29
Cholesterol (mg)	0