

**Food ID:** D111**Food name and Description:** Lagikway lvs**Scientific name:** *Abelmoschus manihot***Alternate/Common name(s):** Sunset muskmallow lvs**Edible portion:** 68%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	86
Energy, calculated (kcal)	54
Protein (g)	4
Total Fat (g)	1.2
Carbohydrate, total (g)	6.8
Ash, total (g)	2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	4.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	253
Phosphorus, P (mg)	78
Iron, Fe (mg)	2.6
Sodium, Na (mg)	18

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	10300
Retinol Activity Equivalent, RAE (µg)	858
Thiamin, Vitamin B1 (mg)	0.12
Riboflavin, Vitamin B2 (mg)	0.22
Niacin (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	64

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