



**Food ID:** D112

**Food name and Description:** Lagikway lvs, boiled

**Scientific name:** *Abelmoschus manihot*

**Alternate/Common name(s):** Sunset muskmallow lvs, boiled

**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	92.4
Energy, calculated (kcal)	30
Protein (g)	1.3
Total Fat (g)	0.4
Carbohydrate, total (g)	5.3
Ash, total (g)	0.6

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

Fiber, total dietary (g)	-
Sugars, total (g)	2.4

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

Calcium, Ca (mg)	120
Phosphorus, P (mg)	27
Iron, Fe (mg)	0.8
Sodium, Na (mg)	10

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2380
Retinol Activity Equivalent, RAE (µg)	198
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	11

### **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