



**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 |