



Food ID: D113

Food name and Description: Chinese leek lvs

Scientific name: *Allium tuberosum*

Alternate/Common name(s): Kutsay dahon/Chinese chives lvs

Edible portion: 84%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	91.3
Energy, calculated (kcal)	34
Protein (g)	2.4
Total Fat (g)	0.7
Carbohydrate, total (g)	4.6
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.9
Sugars, total (g)	2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	98
Phosphorus, P (mg)	50
Iron, Fe (mg)	7.2
Sodium, Na (mg)	6

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2065
Retinol Activity Equivalent, RAE (µg)	172
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	24

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.09
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.39
Cholesterol (mg)	0