



Food ID: D114

Food name and Description: Chinese leek lvs, boiled

Scientific name: *Allium tuberosum*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	95
Energy, calculated (kcal)	19
Protein (g)	1.3
Total Fat (g)	0.4
Carbohydrate, total (g)	2.6
Ash, total (g)	0.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.5
Sugars, total (g)	1.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	53
Phosphorus, P (mg)	29
Iron, Fe (mg)	3.3
Sodium, Na (mg)	5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1400
Retinol Activity Equivalent, RAE (µg)	117
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	12

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.05
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.22

Cholesterol (mg)

0