



Food ID: D116

Food name and Description: Lettuce tree, young lvs

Scientific name: *Pisonia grandis*

Alternate/Common name(s): Koles maluko talbos

Edible portion: 62%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	88.5
Energy, calculated (kcal)	43
Protein (g)	3.6
Total Fat (g)	1
Carbohydrate, total (g)	5
Ash, total (g)	1.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

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

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	345
Phosphorus, P (mg)	46
Iron, Fe (mg)	4.5
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2350
Retinol Activity Equivalent, RAE (µg)	196
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.24
Niacin (mg)	1.1
Ascorbic Acid, Vitamin C (mg)	36

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