



Food ID: D117

Food name and Description: Lettuce tree, young lvs, boiled

Scientific name: *Pisonia grandis*

Alternate/Common name(s): Koles maluko talbos, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	93.4
Energy, calculated (kcal)	26
Protein (g)	0.7
Total Fat (g)	1.2
Carbohydrate, total (g)	3.1
Ash, total (g)	1.6

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)	545
Phosphorus, P (mg)	25
Iron, Fe (mg)	2
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1545
Retinol Activity Equivalent, RAE (µg)	129
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	27

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