



**Food ID:** D120

**Food name and Description:** Limang sugat, young lvs

**Scientific name:** *Pseuderanthemum bicolor*

**Alternate/Common name(s):**

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	85
Energy, calculated (kcal)	56
Protein (g)	3.4
Total Fat (g)	0.2
Carbohydrate, total (g)	10.1
Ash, total (g)	1.3

## **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)	275
Phosphorus, P (mg)	67
Iron, Fe (mg)	10.7
Sodium, Na (mg)	-

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2605
Retinol Activity Equivalent, RAE (µg)	217
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	51

## **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