



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