



Food ID: D121

Food name and Description: Malabar nightshade lvs

Scientific name: *Basella alba*

Alternate/Common name(s): Alugbati dahon/Spinach vine lvs

Edible portion: 59%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	91.3
Energy, calculated (kcal)	33
Protein (g)	2.4
Total Fat (g)	0.4
Carbohydrate, total (g)	5
Ash, total (g)	0.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.5
Sugars, total (g)	1.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	74
Phosphorus, P (mg)	46
Iron, Fe (mg)	1.4
Potassium, K (mg)	289
Sodium, Na (mg)	27
Zinc, Zn (mg)	0.1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (μg)	0
beta-Carotene (μg)	2729
Retinol Activity Equivalent, RAE (μg)	227
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0
Stearic, C18 (g)	0
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	-
Oleic , C18:1 (g)	0
Fatty acids, polyunsaturated, total(g)	-
Linoleic, C18:2 (g)	0
Linolenic, C18:3 (g)	0
Cholesterol (mg)	0