



Food ID: D122

Food name and Description: Malabar nightshade lvs, boiled

Scientific name: *Basella alba*

Alternate/Common name(s): Alugbati dahon, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	94.4
Energy, calculated (kcal)	21
Protein (g)	0.6
Total Fat (g)	0.2
Carbohydrate, total (g)	4.3
Ash, total (g)	0.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.6
Sugars, total (g)	1.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	58
Phosphorus, P (mg)	5
Iron, Fe (mg)	2.7
Sodium, Na (mg)	17

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)	0.05
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	47

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