



**Food ID:** D126

**Food name and Description:** Marrow-stem kale lvs and stems

**Scientific name:** *Brassica oleracea var. medullosa*

**Alternate/Common name(s):** Kales dahon at tangkay

**Edible portion:** 71%

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

Water (g)	90.5
Energy, calculated (kcal)	34
Protein (g)	3.1
Total Fat (g)	0.5
Carbohydrate, total (g)	4.3
Ash, total (g)	1.6

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.1
Sugars, total (g)	1.3

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

Calcium, Ca (mg)	159
Phosphorus, P (mg)	41
Iron, Fe (mg)	3.9
Sodium, Na (mg)	23

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2620
Retinol Activity Equivalent, RAE (µg)	218
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.19
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	55

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

Fatty acids, saturated, total (g)	0.05
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.18
Cholesterol (mg)	0