



Food ID: D129
Food name and Description: Morning glory lvs
Scientific name: *Ipomoea alba*
Alternate/Common name(s): Malakamote dahon
Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	84.7
Energy, calculated (kcal)	57
Protein (g)	4
Total Fat (g)	0.4
Carbohydrate, total (g)	9.3
Ash, total (g)	1.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	6
Sugars, total (g)	1.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	140
Phosphorus, P (mg)	74
Iron, Fe (mg)	11.3
Sodium, Na (mg)	11

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	3925
Retinol Activity Equivalent, RAE (µg)	327
Thiamin, Vitamin B1 (mg)	0.15
Riboflavin, Vitamin B2 (mg)	0.28
Niacin (mg)	1.9
Ascorbic Acid, Vitamin C (mg)	55

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.09
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.18
Cholesterol (mg)	0