



Food ID: D134

Food name and Description: Mustard lvs

Scientific name: *Brassica juncea*

Alternate/Common name(s): Mustasa dahon

Edible portion: 89%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	93.5
Energy, calculated (kcal)	24
Protein (g)	2.3
Total Fat (g)	0.4
Carbohydrate, total (g)	2.7
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.1
Sugars, total (g)	0.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	83
Phosphorus, P (mg)	29
Iron, Fe (mg)	1.2
Potassium, K (mg)	435
Sodium, Na (mg)	9
Zinc, Zn (mg)	0.1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2506
Retinol Activity Equivalent, RAE (µg)	209
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	4

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.01
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)	0.09
Oleic , C18:1 (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.04
Linoleic, C18:2 (g)	0.02
Linolenic, C18:3 (g)	0.02
Cholesterol (mg)	0