



**Food ID:** D135

**Food name and Description:** Mustard lvs, boiled

**Scientific name:** *Brassica juncea*

**Alternate/Common name(s):** Mustasa dahon, nilaga

**Edible portion:** 100%

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

Water (g)	94.8
Energy, calculated (kcal)	21
Protein (g)	1.3
Total Fat (g)	0.6
Carbohydrate, total (g)	2.7
Ash, total (g)	0.6

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

Fiber, total dietary (g)	1.3
Sugars, total (g)	0.9

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

Calcium, Ca (mg)	113
Phosphorus, P (mg)	17
Iron, Fe (mg)	1.5
Sodium, Na (mg)	6

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1695
Retinol Activity Equivalent, RAE (µg)	141
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	51

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

Fatty acids, saturated, total (g)	0.01
Fatty acids, monounsaturated, total (g)	0.13
Fatty acids, polyunsaturated, total(g)	0.05
Cholesterol (mg)	0