



Food ID: D137

Food name and Description: New Zealand spinach lvs

Scientific name: *Tetragonia tetragonioides*

Alternate/Common name(s): Ispinaka dahon

Edible portion: 54%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	90.9
Energy, calculated (kcal)	33
Protein (g)	3.3
Total Fat (g)	0.5
Carbohydrate, total (g)	3.7
Ash, total (g)	1.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.3
Sugars, total (g)	0.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	238
Phosphorus, P (mg)	55
Iron, Fe (mg)	4.5
Sodium, Na (mg)	88

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	3660
Retinol Activity Equivalent, RAE (µg)	305
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	1.1
Ascorbic Acid, Vitamin C (mg)	43

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.08
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.21
Cholesterol (mg)	0