



**Food ID:** D138

**Food name and Description:** New Zealand spinach lvs, boiled

**Scientific name:** *Tetragonia tetragonioides*

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

**Edible portion:** 100%

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

Water (g)	92.9
Energy, calculated (kcal)	28
Protein (g)	1.4
Total Fat (g)	0.3
Carbohydrate, total (g)	4.9
Ash, total (g)	0.5

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

Fiber, total dietary (g)	1.9
Sugars, total (g)	0.3

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

Calcium, Ca (mg)	127
Phosphorus, P (mg)	19
Iron, Fe (mg)	1.4
Sodium, Na (mg)	146

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1515
Retinol Activity Equivalent, RAE (µg)	126
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	14

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

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