



Food ID: D139

Food name and Description: Okra

Scientific name: *Abelmoschus esculentus*

Alternate/Common name(s): Ladyfinger

Edible portion: 92%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	91.3
Energy, calculated (kcal)	34
Protein (g)	1.8
Total Fat (g)	0.3
Carbohydrate, total (g)	5.9
Ash, total (g)	0.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.6
Sugars, total (g)	1.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	51
Phosphorus, P (mg)	43
Iron, Fe (mg)	0.4
Potassium, K (mg)	201
Sodium, Na (mg)	11
Zinc, Zn (mg)	0.1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	254
Retinol Activity Equivalent, RAE (µg)	21
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	1

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.04
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0.03
Stearic, C18 (g)	0
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.03
Oleic , C18:1 (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.04
Linoleic, C18:2 (g)	0.04
Linolenic, C18:3 (g)	0
Cholesterol (mg)	0