



**Food ID:** D149  
**Food name and Description:** Pako fern lvs  
**Scientific name:** *Diplazium esculentum*  
**Alternate/Common name(s):** Fiddlehead fern lvs/Vegetable fern lvs  
**Edible portion:** 30%

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

Water (g)	91.5
Energy, calculated (kcal)	31
Protein (g)	3.2
Total Fat (g)	0.4
Carbohydrate, total (g)	3.7
Ash, total (g)	1.2

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

Fiber, total dietary (g)	3.4
Sugars, total (g)	0.3

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

Calcium, Ca (mg)	15
Phosphorus, P (mg)	64
Iron, Fe (mg)	1.3
Potassium, K (mg)	434
Sodium, Na (mg)	6
Zinc, Zn (mg)	0.6

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1884
Retinol Activity Equivalent, RAE (µg)	157
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	3

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

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