



**Food ID:** D150

**Food name and Description:** Pako fern lvs, boiled

**Scientific name:** *Diplazium esculentum*

**Alternate/Common name(s):** Fiddlehead fern lvs, boiled

**Edible portion:** 100%

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

Water (g)	91.6
Energy, calculated (kcal)	33
Protein (g)	1.9
Total Fat (g)	0.4
Carbohydrate, total (g)	5.5
Ash, total (g)	0.6

## **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)	26
Phosphorus, P (mg)	34
Iron, Fe (mg)	1
Sodium, Na (mg)	6

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	530
Retinol Activity Equivalent, RAE (µg)	44
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	2

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

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0