

**Food ID:** D152**Food name and Description:** Palm-like fig, young lvs, boiled**Scientific name:** *Ficus pseudopalma***Alternate/Common name(s):** Philippine fig, young lvs, boiled/Lubi-lubi talbos, nilaga**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	94.9
Energy, calculated (kcal)	19
Protein (g)	1.2
Total Fat (g)	0.2
Carbohydrate, total (g)	3.2
Ash, total (g)	0.5

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

Fiber, total dietary (g)	-
Sugars, total (g)	-

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

Calcium, Ca (mg)	58
Phosphorus, P (mg)	24
Iron, Fe (mg)	0.4
Sodium, Na (mg)	-

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1765
Retinol Activity Equivalent, RAE (µg)	147
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	10

**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