



Food ID: D153

Food name and Description: Pansit-pansitan

Scientific name: *Peperomia pellucida*

Alternate/Common name(s): Olasiman-bato

Edible portion: 68%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	95.6
Energy, calculated (kcal)	15
Protein (g)	0.9
Total Fat (g)	0.2
Carbohydrate, total (g)	2.5
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.7
Sugars, total (g)	0.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	62
Phosphorus, P (mg)	20
Iron, Fe (mg)	1.8
Potassium, K (mg)	171
Sodium, Na (mg)	89
Zinc, Zn (mg)	2.4

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2278
Retinol Activity Equivalent, RAE (µg)	190
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	0

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