



Food ID: D159

Food name and Description: Parsley lvs

Scientific name: *Petroselinum crispum*

Alternate/Common name(s):

Edible portion: 65%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	84.2
Energy, calculated (kcal)	58
Protein (g)	4
Total Fat (g)	0.9
Carbohydrate, total (g)	8.4
Ash, total (g)	2.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.2
Sugars, total (g)	1.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	264
Phosphorus, P (mg)	46
Iron, Fe (mg)	1.8
Sodium, Na (mg)	72

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1550
Retinol Activity Equivalent, RAE (µg)	129
Thiamin, Vitamin B1 (mg)	0.17
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	117

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.15
Fatty acids, monounsaturated, total (g)	0.34
Fatty acids, polyunsaturated, total(g)	0.14
Cholesterol (mg)	0