



Food ID: D160

Food name and Description: Pechay lvs

Scientific name: *Brassica chinensis*

Alternate/Common name(s): Petsay dahon

Edible portion: 93%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	93.9
Energy, calculated (kcal)	22
Protein (g)	2.1
Total Fat (g)	0.4
Carbohydrate, total (g)	2.6
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.2
Sugars, total (g)	0.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	93
Phosphorus, P (mg)	32
Iron, Fe (mg)	1.5
Potassium, K (mg)	342
Sodium, Na (mg)	13
Zinc, Zn (mg)	0.5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1637
Retinol Activity Equivalent, RAE (µg)	136
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	44

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.05
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0.05
Stearic, C18 (g)	0
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.03
Oleic , C18:1 (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.19
Linoleic, C18:2 (g)	0.08
Linolenic, C18:3 (g)	0.11
Cholesterol (mg)	0