



Food ID: D161

Food name and Description: Pechay lvs, boiled

Scientific name: *Brassica chinensis*

Alternate/Common name(s): Petsay dahon, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	94.6
Energy, calculated (kcal)	21
Protein (g)	1.7
Total Fat (g)	0.5
Carbohydrate, total (g)	2.4
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.1
Sugars, total (g)	0.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	155
Phosphorus, P (mg)	30
Iron, Fe (mg)	2.6
Sodium, Na (mg)	12

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1355
Retinol Activity Equivalent, RAE (µg)	113
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	54

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.07
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.24
Cholesterol (mg)	0