

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines

Food ID: D163

Food name and Description: Pechay petioles, boiled Scientific name: *Brassica chinensis* Alternate/Common name(s): Petsay tangkay, nilaga Edible portion: 100%

### Proximates (Food Composition per 100g Edible Portion)

Water (g)	96.7
Energy, calculated (kcal)	11
Protein (g)	0.4
Total Fat (g)	0.2
Carbohydrate, total (g)	1.9
Ash, total (g)	0.8

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

Fiber, total dietary (g)	0.6
Sugars, total (g)	0.5

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	118
Phosphorus, P (mg)	14
Iron, Fe (mg)	1.8
Sodium, Na (mg)	7

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	28

## Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0.03
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.1
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 13:45:41