



**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