



Food ID: D173

Food name and Description: Philippine spinach lvs

Scientific name: *Talinum triangulare*

Alternate/Common name(s): Talinum dahon/Ceylon spinach lvs

Edible portion: 66%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	91.7
Energy, calculated (kcal)	29
Energy, calculated (kJ)	557
Protein (g)	2.7
Total Fat (g)	0.5
Carbohydrate, total (g)	3.5
Ash, total (g)	1.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.4
Sugars, total (g)	0.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	75
Phosphorus, P (mg)	25
Iron, Fe (mg)	1.3
Potassium, K (mg)	557
Sodium, Na (mg)	16
Zinc, Zn (mg)	0.9

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2542
Retinol Activity Equivalent, RAE (µg)	212
Thiamin, Vitamin B1 (mg)	0.11
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	6

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.08
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Caproic, C6 (g)	0
Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0.01
Palmitic, C16 (g)	0.06
Stearic, C18 (g)	0.01
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.01
Oleic , C18:1 (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.21
Linoleic, C18:2 (g)	0.03
Linolenic, C18:3 (g)	0.18
Cholesterol (mg)	0