



Food ID: D174

Food name and Description: Philippine spinach lvs, boiled

Scientific name: *Talinum triangulare*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	93.8
Energy, calculated (kcal)	23
Protein (g)	0.8
Total Fat (g)	0.2
Carbohydrate, total (g)	4.6
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.8
Sugars, total (g)	0.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	37
Phosphorus, P (mg)	7
Iron, Fe (mg)	4.2
Sodium, Na (mg)	12

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	790
Retinol Activity Equivalent, RAE (µg)	66
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	14

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.03
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.09

Cholesterol (mg)

0