



Food ID: D178

Food name and Description: Malabar bauhinia lvs

Scientific name: *Piliostigma malabaricum*

Alternate/Common name(s): Alibangbang/Alambangbang dahon

Edible portion: 83%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	86.4
Energy, calculated (kcal)	60
Protein (g)	2.5
Total Fat (g)	1.6
Carbohydrate, total (g)	8.9
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	43
Phosphorus, P (mg)	35
Iron, Fe (mg)	0.6
Sodium, Na (mg)	2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	865
Retinol Activity Equivalent, RAE (µg)	72
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	12

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0