



Food ID: D179

Food name and Description: Prickly chaff-flower, lvs

Scientific name: *Achyranthes aspera*

Alternate/Common name(s): Lupo-lupo/Hangod

Edible portion: 72%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	85
Energy, calculated (kcal)	59
Protein (g)	6.4
Total Fat (g)	1
Carbohydrate, total (g)	6.2
Ash, total (g)	1.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.1
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	158
Phosphorus, P (mg)	59
Iron, Fe (mg)	0
Sodium, Na (mg)	47

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	6555
Retinol Activity Equivalent, RAE (µg)	546
Thiamin, Vitamin B1 (mg)	0.13
Riboflavin, Vitamin B2 (mg)	0.48
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	30

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