

**Food ID:** D180**Food name and Description:** Purslane lvs**Scientific name:** *Portulaca oleracea***Alternate/Common name(s):** Olasiman dahon**Edible portion:** 46%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	90.8
Energy, calculated (kcal)	31
Protein (g)	2.3
Total Fat (g)	0.4
Carbohydrate, total (g)	4.5
Ash, total (g)	2

**Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.2
Sugars, total (g)	-

**Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	156
Phosphorus, P (mg)	43
Iron, Fe (mg)	8.5
Sodium, Na (mg)	262

**Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	7680
Retinol Activity Equivalent, RAE (µg)	640
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	42

**Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.08
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.14
Cholesterol (mg)	0