



Food ID: D181

Food name and Description: Purslane lvs, boiled

Scientific name: *Portulaca oleracea*

Alternate/Common name(s): Olasiman dahon, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	92.8
Energy, calculated (kcal)	26
Protein (g)	1.3
Total Fat (g)	0.3
Carbohydrate, total (g)	4.6
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.5
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	70
Phosphorus, P (mg)	21
Iron, Fe (mg)	3.8
Sodium, Na (mg)	205

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	3340
Retinol Activity Equivalent, RAE (µg)	278
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	10

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.06
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0.11
Cholesterol (mg)	0