



Food ID: D182

Food name and Description: Racaba lvs

Scientific name: *Alternanthera sessilis*

Alternate/Common name(s): Bunga-bunga dahon/Dwarf copperleaf lvs

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	83.9
Energy, calculated (kcal)	58
Protein (g)	3.3
Total Fat (g)	1
Carbohydrate, total (g)	8.9
Ash, total (g)	2.9

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)	256
Phosphorus, P (mg)	39
Iron, Fe (mg)	36.8
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	4470
Retinol Activity Equivalent, RAE (µg)	373
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.27
Niacin (mg)	1.1
Ascorbic Acid, Vitamin C (mg)	25

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