



Food ID: D187

Food name and Description: Roselle lvs

Scientific name: *Hibiscus sabdariffa*

Alternate/Common name(s): N/A

Edible portion: 56%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	84.2
Energy, calculated (kcal)	63
Protein (g)	2.8
Total Fat (g)	0.6
Carbohydrate, total (g)	11.6
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5.3
Sugars, total (g)	1.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	242
Phosphorus, P (mg)	26
Iron, Fe (mg)	1
Potassium, K (mg)	163
Sodium, Na (mg)	43
Zinc, Zn (mg)	0.5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2900
Retinol Activity Equivalent, RAE (µg)	242
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	2

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0
Stearic, C18 (g)	0
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	-
Oleic , C18:1 (g)	0
Fatty acids, polyunsaturated, total(g)	-
Linoleic, C18:2 (g)	0
Linolenic, C18:3 (g)	0
Cholesterol (mg)	0