



Republic of the Philippines

Department of Science and Technology

FOOD AND NUTRITION RESEARCH INSTITUTE

General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: D190

Food name and Description: Sea purslane lvs

Scientific name: *Sesuvium portulacastrum*

Alternate/Common name(s): Dampalit dahon

Edible portion: 87%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	92.1
Energy, calculated (kcal)	25
Protein (g)	1.8
Total Fat (g)	0.4
Carbohydrate, total (g)	3.6
Ash, total (g)	2.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.7
Sugars, total (g)	0.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	16
Phosphorus, P (mg)	17
Iron, Fe (mg)	1.7
Potassium, K (mg)	113
Sodium, Na (mg)	225
Zinc, Zn (mg)	0.1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2926
Retinol Activity Equivalent, RAE (µg)	244
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	0

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