

**Food ID:** D191**Food name and Description:** Sea purslane lvs, boiled**Scientific name:** *Sesuvium portulacastrum***Alternate/Common name(s):** Dampalit dahon, nilaga**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	89.2
Energy, calculated (kcal)	36
Protein (g)	1
Total Fat (g)	0.2
Carbohydrate, total (g)	7.5
Ash, total (g)	2.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.7
Sugars, total (g)	0.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	79
Phosphorus, P (mg)	16
Iron, Fe (mg)	6.2
Sodium, Na (mg)	308

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	4160
Retinol Activity Equivalent, RAE (µg)	347
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	6

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