



Food ID: D200

Food name and Description: Sesbania flower, boiled

Scientific name: *Sesbania grandiflora*

Alternate/Common name(s): Katuray bulaklak, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	93
Energy, calculated (kcal)	28
Protein (g)	1
Total Fat (g)	0.3
Carbohydrate, total (g)	5.4
Ash, total (g)	0.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.9
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	27
Phosphorus, P (mg)	27
Iron, Fe (mg)	0.8
Sodium, Na (mg)	22

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	40
Retinol Activity Equivalent, RAE (µg)	3
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	14

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