



Food ID: D202

Food name and Description: Sesbania lvs, boiled

Scientific name: *Sesbania grandiflora*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	87.3
Energy, calculated (kcal)	51
Protein (g)	6
Total Fat (g)	0.8
Carbohydrate, total (g)	4.9
Ash, total (g)	1

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)	150
Phosphorus, P (mg)	69
Iron, Fe (mg)	2.4
Sodium, Na (mg)	40

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	5675
Retinol Activity Equivalent, RAE (µg)	473
Thiamin, Vitamin B1 (mg)	0.41
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	5
Ascorbic Acid, Vitamin C (mg)	91

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