



Republic of the Philippines

Department of Science and Technology

FOOD AND NUTRITION RESEARCH INSTITUTE

General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: D203

Food name and Description: Slender/Spineless amaranth lvs

Scientific name: *Amaranthus viridis*

Alternate/Common name(s): Kulitis dahon

Edible portion: 71%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	84.2
Energy, calculated (kcal)	59
Protein (g)	4.5
Total Fat (g)	1.1
Carbohydrate, total (g)	7.8
Ash, total (g)	2.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5.1
Sugars, total (g)	2.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	358
Phosphorus, P (mg)	105
Iron, Fe (mg)	2.9
Potassium, K (mg)	728
Sodium, Na (mg)	12
Zinc, Zn (mg)	0.2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	6658
Retinol Activity Equivalent, RAE (µg)	555
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.32
Niacin (mg)	1.7
Ascorbic Acid, Vitamin C (mg)	1

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.3
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0.24
Stearic, C18 (g)	0.04
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.25
Oleic , C18:1 (g)	0.25
Fatty acids, polyunsaturated, total(g)	0.49
Linoleic, C18:2 (g)	0.48
Linolenic, C18:3 (g)	0.01
Cholesterol (mg)	0