



**Food ID:** D204

**Food name and Description:** Slender/Spineless amaranth lvs, boiled

**Scientific name:** *Amaranthus viridis*

**Alternate/Common name(s):** Kulitis dahon, nilaga

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	90
Energy, calculated (kcal)	34
Protein (g)	3.3
Total Fat (g)	0.4
Carbohydrate, total (g)	4.4
Ash, total (g)	1.9

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.2
Sugars, total (g)	0.2

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	314
Phosphorus, P (mg)	62
Iron, Fe (mg)	8.3
Sodium, Na (mg)	8

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	5000
Retinol Activity Equivalent, RAE (µg)	417
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.19
Niacin (mg)	1.3
Ascorbic Acid, Vitamin C (mg)	64

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.11
Fatty acids, monounsaturated, total (g)	0.09
Fatty acids, polyunsaturated, total(g)	0.18
Cholesterol (mg)	0