



Food ID: D217

Food name and Description: Spiny pigweed/Thorny amaranth lvs

Scientific name: *Amaranthus spinosus*

Alternate/Common name(s): Uray dahon

Edible portion: 17%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	82.4
Energy, calculated (kcal)	63
Protein (g)	5.5
Total Fat (g)	0.9
Carbohydrate, total (g)	8.2
Ash, total (g)	3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5.7
Sugars, total (g)	2.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	888
Phosphorus, P (mg)	88
Iron, Fe (mg)	8.8
Sodium, Na (mg)	13

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	9420
Retinol Activity Equivalent, RAE (µg)	785
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.3
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	53

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.25
Fatty acids, monounsaturated, total (g)	0.21
Fatty acids, polyunsaturated, total(g)	0.4
Cholesterol (mg)	0