

**Food ID:** D218**Food name and Description:** Spiny pigweed/Thorny amaranth lvs, boiled**Scientific name:** *Amaranthus spinosus***Alternate/Common name(s):** Uray dahon, nilaga**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	90.2
Energy, calculated (kcal)	37
Protein (g)	1.6
Total Fat (g)	0.3
Carbohydrate, total (g)	6.9
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.2
Sugars, total (g)	1.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	422
Phosphorus, P (mg)	37
Iron, Fe (mg)	4.9
Sodium, Na (mg)	7

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (μg)	0
beta-Carotene (μg)	2165
Retinol Activity Equivalent, RAE (μg)	180
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	10

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.08
Fatty acids, monounsaturated, total (g)	0.07
Fatty acids, polyunsaturated, total(g)	0.13
Cholesterol (mg)	0