



**Food ID:** D221

**Food name and Description:** Sponge gourd lvs

**Scientific name:** *Luffa cylindrica*

**Alternate/Common name(s):** Patola dahon

**Edible portion:** 48%

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

Water (g)	89.3
Energy, calculated (kcal)	37
Protein (g)	4
Total Fat (g)	0.6
Carbohydrate, total (g)	3.9
Ash, total (g)	2.2

## **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)	74
Phosphorus, P (mg)	110
Iron, Fe (mg)	2.8
Sodium, Na (mg)	16

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1320
Retinol Activity Equivalent, RAE (µg)	110
Thiamin, Vitamin B1 (mg)	0.32
Riboflavin, Vitamin B2 (mg)	0.24
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	12

## **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