



Food ID: D222

Food name and Description: Sponge gourd lvs, boiled

Scientific name: *Luffa cyclindrica*

Alternate/Common name(s): Patola dahon, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	96
Energy, calculated (kcal)	14
Protein (g)	1.4
Total Fat (g)	0.1
Carbohydrate, total (g)	1.8
Ash, total (g)	0.7

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)	29
Phosphorus, P (mg)	46
Iron, Fe (mg)	0.7
Sodium, Na (mg)	6

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	435
Retinol Activity Equivalent, RAE (µg)	36
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	2

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