



Food ID: D227

Food name and Description: Squash lvs

Scientific name: *Cucurbita maxima*

Alternate/Common name(s): Kalabasa dahon

Edible portion: 47%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	89.8
Energy, calculated (kcal)	38
Protein (g)	3.4
Total Fat (g)	0.6
Carbohydrate, total (g)	4.8
Ash, total (g)	1.4

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)	157
Phosphorus, P (mg)	83
Iron, Fe (mg)	1.7
Sodium, Na (mg)	6

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	810
Retinol Activity Equivalent, RAE (µg)	68
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	18

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.31
Fatty acids, monounsaturated, total (g)	0.08
Fatty acids, polyunsaturated, total(g)	0.03
Cholesterol (mg)	0