

**Food ID:** D228**Food name and Description:** Squash lvs, boiled**Scientific name:** *Cucurbita maxima***Alternate/Common name(s):** Kalabasa dahon, nilaga**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	93.4
Energy, calculated (kcal)	27
Protein (g)	1.6
Total Fat (g)	0.4
Carbohydrate, total (g)	4.2
Ash, total (g)	0.4

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)	91
Phosphorus, P (mg)	37
Iron, Fe (mg)	0.6
Sodium, Na (mg)	4

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	795
Retinol Activity Equivalent, RAE (µg)	66
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	5

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.21
Fatty acids, monounsaturated, total (g)	0.05
Fatty acids, polyunsaturated, total(g)	0.02
Cholesterol (mg)	0