



Food ID: D241

Food name and Description: Swamp amaranth lvs

Scientific name: *Alternanthera paronychioides*

Alternate/Common name(s): Lupo dahon

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	84.7
Energy, calculated (kcal)	52
Protein (g)	5.1
Total Fat (g)	0.2
Carbohydrate, total (g)	7.5
Ash, total (g)	2.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.9
Sugars, total (g)	2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	249
Phosphorus, P (mg)	52
Iron, Fe (mg)	4.3
Sodium, Na (mg)	12

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	3740
Retinol Activity Equivalent, RAE (µg)	312
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	29

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.06
Fatty acids, monounsaturated, total (g)	0.05
Fatty acids, polyunsaturated, total(g)	0.09
Cholesterol (mg)	0