



Food ID: D242

Food name and Description: Swamp cabbage lvs

Scientific name: *Ipomoea aquatica*

Alternate/Common name(s): Kangkong dahon/Water spinach lvs

Edible portion: 59%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	89.6
Energy, calculated (kcal)	39
Protein (g)	3.3
Total Fat (g)	0.4
Carbohydrate, total (g)	5.5
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.8
Sugars, total (g)	0.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	44
Phosphorus, P (mg)	63
Iron, Fe (mg)	1.5
Potassium, K (mg)	402
Sodium, Na (mg)	114
Zinc, Zn (mg)	0.1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2818
Retinol Activity Equivalent, RAE (µg)	235
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	1.1
Ascorbic Acid, Vitamin C (mg)	1

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.09
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0
Stearic, C18 (g)	0
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.02
Oleic , C18:1 (g)	0
Fatty acids, polyunsaturated, total(g)	0.16
Linoleic, C18:2 (g)	0
Linolenic, C18:3 (g)	0
Cholesterol (mg)	0