



Food ID: D243

Food name and Description: Swamp cabbage lvs, boiled

Scientific name: *Ipomoea aquatica*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	92.9
Energy, calculated (kcal)	28
Protein (g)	1.5
Total Fat (g)	0.4
Carbohydrate, total (g)	4.7
Ash, total (g)	0.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.6
Sugars, total (g)	0.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	51
Phosphorus, P (mg)	25
Iron, Fe (mg)	1.3
Sodium, Na (mg)	78

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1550
Retinol Activity Equivalent, RAE (µg)	129
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	10

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.09
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.16

Cholesterol (mg)

0