



Food ID: D249

Food name and Description: Tamarind lvs

Scientific name: *Tamarindus indica*

Alternate/Common name(s): Sampalok dahon

Edible portion: 81%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	80
Energy, calculated (kcal)	80
Protein (g)	3.9
Total Fat (g)	1
Carbohydrate, total (g)	13.9
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	7
Sugars, total (g)	1.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	73
Phosphorus, P (mg)	57
Iron, Fe (mg)	2
Sodium, Na (mg)	5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2565
Retinol Activity Equivalent, RAE (µg)	214
Thiamin, Vitamin B1 (mg)	0.2
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	11

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0