

**Food ID:** D251**Food name and Description:** Ivy gourd lvs**Scientific name:** *Coccinia grandis***Alternate/Common name(s):** Tamling dahon**Edible portion:** 48%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	88.2
Energy, calculated (kcal)	49
Protein (g)	4.9
Total Fat (g)	1.5
Carbohydrate, total (g)	3.9
Ash, total (g)	1.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3
Sugars, total (g)	0.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	129
Phosphorus, P (mg)	83
Iron, Fe (mg)	1.4
Potassium, K (mg)	850
Sodium, Na (mg)	11
Zinc, Zn (mg)	0.1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	5579
Retinol Activity Equivalent, RAE (µg)	465
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	1.7
Ascorbic Acid, Vitamin C (mg)	2

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.26
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
Oleic , C18:1 (g)	0
Fatty acids, polyunsaturated, total(g)	0.62
Linoleic, C18:2 (g)	0
Linolenic, C18:3 (g)	0
Cholesterol (mg)	0