



Food ID: D252

Food name and Description: Ivy gourd lvs, boiled

Scientific name: *Coccinia grandis*

Alternate/Common name(s): Tamling dahon, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	86.5
Energy, calculated (kcal)	49
Protein (g)	3.5
Total Fat (g)	0.8
Carbohydrate, total (g)	7
Ash, total (g)	2.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.4
Sugars, total (g)	0.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	401
Phosphorus, P (mg)	91
Iron, Fe (mg)	1.1
Sodium, Na (mg)	13

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	3835
Retinol Activity Equivalent, RAE (µg)	320
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	1.5
Ascorbic Acid, Vitamin C (mg)	16

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.14
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0.33
Cholesterol (mg)	0