



Food ID: D253

Food name and Description: Taro lvs

Scientific name: *Colocasia esculenta*

Alternate/Common name(s): Gabi dahon

Edible portion: 55%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	81.3
Energy, calculated (kcal)	73
Protein (g)	4.3
Total Fat (g)	1.8
Carbohydrate, total (g)	10
Ash, total (g)	2.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.8
Sugars, total (g)	3.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	257
Phosphorus, P (mg)	71
Iron, Fe (mg)	4
Sodium, Na (mg)	11

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	7515
Retinol Activity Equivalent, RAE (µg)	626
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.29
Niacin (mg)	1.7
Ascorbic Acid, Vitamin C (mg)	112

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.37
Fatty acids, monounsaturated, total (g)	0.15
Fatty acids, polyunsaturated, total(g)	0.75
Cholesterol (mg)	0