



Food ID: D254

Food name and Description: Taro lvs, boiled

Scientific name: *Colocasia esculenta*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	88
Energy, calculated (kcal)	48
Protein (g)	1.4
Total Fat (g)	0.4
Carbohydrate, total (g)	9.7
Ash, total (g)	0.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.1
Sugars, total (g)	2.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	72
Phosphorus, P (mg)	28
Iron, Fe (mg)	0.4
Sodium, Na (mg)	7

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	4000
Retinol Activity Equivalent, RAE (µg)	333
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	21

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.08
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.17
Cholesterol (mg)	0