



Food ID: D268

Food name and Description: Watercress

Scientific name: *Nasturtium officinale*

Alternate/Common name(s): Tonghoy

Edible portion: 49%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	93.3
Energy, calculated (kcal)	26
Protein (g)	1
Total Fat (g)	0.3
Carbohydrate, total (g)	4.8
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.7
Sugars, total (g)	0.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	204
Phosphorus, P (mg)	37
Iron, Fe (mg)	1.2
Sodium, Na (mg)	55

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	775
Retinol Activity Equivalent, RAE (µg)	65
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	1.1
Ascorbic Acid, Vitamin C (mg)	30

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.08
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.11
Cholesterol (mg)	0