



**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