



Food ID: D281

Food name and Description: Mustard lvs, pickled

Scientific name:

Alternate/Common name(s): Mustasa dahon, buro

Edible portion: 84%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	93
Energy, calculated (kcal)	16
Protein (g)	1.4
Total Fat (g)	0.1
Carbohydrate, total (g)	2.3
Ash, total (g)	3.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.1
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	108
Phosphorus, P (mg)	248
Iron, Fe (mg)	0.9
Sodium, Na (mg)	667

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	610
Retinol Activity Equivalent, RAE (µg)	51
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	20

Lipids (Food Composition per 100g Edible Portion)

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