



**Food ID:** D282

**Food name and Description:** Mustard lvs, salted

**Scientific name:**

**Alternate/Common name(s):** Mustasa dahon, inasnan

**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	83.4
Energy, calculated (kcal)	28
Protein (g)	1.9
Total Fat (g)	1
Carbohydrate, total (g)	2.9
Ash, total (g)	10.8

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.6
Sugars, total (g)	-

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	224
Phosphorus, P (mg)	29
Iron, Fe (mg)	5.4
Sodium, Na (mg)	1582

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1295
Retinol Activity Equivalent, RAE (µg)	108
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	17

### **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