



Food ID: D293

Food name and Description: Taro lvs, dried

Scientific name:

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

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	3
Energy, calculated (kcal)	388
Protein (g)	23.1
Total Fat (g)	9.2
Carbohydrate, total (g)	53.1
Ash, total (g)	11.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	25
Sugars, total (g)	20.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	2292
Phosphorus, P (mg)	284
Iron, Fe (mg)	38.5
Sodium, Na (mg)	20

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	12780
Retinol Activity Equivalent, RAE (µg)	1065
Thiamin, Vitamin B1 (mg)	0.21
Riboflavin, Vitamin B2 (mg)	0.43
Niacin (mg)	10.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.88
Fatty acids, monounsaturated, total (g)	0.75
Fatty acids, polyunsaturated, total(g)	3.82
Cholesterol (mg)	0