

**Food ID:** D297**Food name and Description:** Malunggay leaves powder, dry**Scientific name:** -**Alternate/Common name(s):** -**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	5.5
Energy, calculated (kcal)	382
Protein (g)	28.8
Total Fat (g)	8.7
Carbohydrate, total (g)	47
Ash, total (g)	10

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	26.1
Sugars, total (g)	13.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	5460
Phosphorus, P (mg)	496
Iron, Fe (mg)	7.2
Potassium, K (mg)	1544
Sodium, Na (mg)	119
Zinc, Zn (mg)	2.1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	30884
Retinol Activity Equivalent, RAE (µg)	2574
Thiamin, Vitamin B1 (mg)	0.88
Riboflavin, Vitamin B2 (mg)	2.18
Niacin (mg)	13
Ascorbic Acid, Vitamin C (mg)	478

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.3
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0.87
Stearic, C18 (g)	0
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0
Oleic , C18:1 (g)	0
Fatty acids, polyunsaturated, total(g)	2.18
Linoleic, C18:2 (g)	0.44
Linolenic, C18:3 (g)	2.18
Cholesterol (mg)	0