

**Food ID:** D302**Food name and Description:** Libas, young lvs**Scientific name:** *Spondias pinnata***Alternate/Common name(s):** Common hog plum lvs, young**Edible portion:** -%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	79
Energy, calculated (kcal)	84
Protein (g)	2.8
Total Fat (g)	0.7
Carbohydrate, total (g)	16.5
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	7.4
Sugars, total (g)	1.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	131
Phosphorus, P (mg)	65
Iron, Fe (mg)	1.2
Potassium, K (mg)	210
Sodium, Na (mg)	7
Zinc, Zn (mg)	0.6

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2469
Retinol Activity Equivalent, RAE (µg)	206
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	1.5
Ascorbic Acid, Vitamin C (mg)	51

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.22
Fatty acids, monounsaturated, total (g)	0.04

Fatty acids, polyunsaturated, total(g)	0.24
Cholesterol (mg)	0