

**Food ID:** N014**Food name and Description:** Lemon grass lvs**Scientific name:** *Cymbopogon citratus***Alternate/Common name(s):** Tanglad dahon**Edible portion:** -%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	72.2
Energy, calculated (kcal)	111
Protein (g)	1.4
Total Fat (g)	1.4
Carbohydrate, total (g)	23.1
Ash, total (g)	1.9

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

Fiber, total dietary (g)	3.3
Sugars, total (g)	-

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

Calcium, Ca (mg)	162
Phosphorus, P (mg)	44
Iron, Fe (mg)	5.4
Sodium, Na (mg)	10

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	24205
Retinol Activity Equivalent, RAE (µg)	2017
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	24

**Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.34
Fatty acids, monounsaturated, total (g)	0.2
Fatty acids, polyunsaturated, total(g)	0.49
Cholesterol (mg)	0