



Food ID: N015

Food name and Description: Lemon grass lvs, boiled

Scientific name: *Cymbopogon citratus*

Alternate/Common name(s): Tanglad dahon, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	85.8
Energy, calculated (kcal)	57
Protein (g)	0.3
Total Fat (g)	0.3
Carbohydrate, total (g)	13.2
Ash, total (g)	0.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.7
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	32
Phosphorus, P (mg)	8
Iron, Fe (mg)	1
Sodium, Na (mg)	5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	5765
Retinol Activity Equivalent, RAE (µg)	480
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.07
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.1
Cholesterol (mg)	0