



Food ID: Q060

Food name and Description: Tea lvs, dried

Scientific name:

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

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	7.4
Energy, calculated (kcal)	357
Protein (g)	21.7
Total Fat (g)	1
Carbohydrate, total (g)	65.3
Ash, total (g)	4.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	8.3
Sugars, total (g)	5.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	656
Phosphorus, P (mg)	258
Iron, Fe (mg)	18.4
Sodium, Na (mg)	70

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	6.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0