



Food ID: T001

Food name and Description: Azolla pinnata

Scientific name: N/A

Alternate/Common name(s): N/A

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	95.3
Energy, calculated (kcal)	18
Protein (g)	1.4
Total Fat (g)	0.4
Carbohydrate, total (g)	2.1
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.9
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	111
Phosphorus, P (mg)	28
Iron, Fe (mg)	14.9
Sodium, Na (mg)	41

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2305
Retinol Activity Equivalent, RAE (µg)	192
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	13

Lipids (Food Composition per 100g Edible Portion)

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