

NUTRITIVE VALUE OF VEGETABLES & GRAIN'S (PER 100 Gram's)

#	ITEM	BOTANICAL NAME	PROTEIN	CARBOHYDRATES	FAT	CALCIUM	IRON	SODIUM	POTASSIUM	THIAMINE	RIBOFLAVIN	CAROTENE	VITAMIN 'C'	MOISTURE CONTENT	FIBRE	ENERGY
			(Gram)	(Gram)	(Gram)	(Mg.)	(Mg.)	(Mg.)	(Mg.)	(Mg.)	(Mg.)	(Mg.)	(Mg.)	(Mg.)		
1	BRINJAL	Solanum Melongona	1.4	4	0.3	18	0.9	0.3	2	0.04	0.11	0.74	12	92.7	1.3	24Kcl
2	CHILLI (DRY)	Capsicum Annum	15.9	31.6	6.2	160	2.3					575	50	10	30.2	246Kcal
3	CHILLI (GREEN)		2.6	3	0.6	3	1.2	6.5	217			291.6	111	85.7	1	29Kcal
4	TOMATO	Lycopersicon-Esculentum	1.9	3.6	0.1	20	1.8	6	200	0.07	0.01	192	35	94.7	1.6	56kJ
5	OKRA	Abelmoschus Esculentus	1.9	6.4	0.2	66	1.5	6.9	103	0.07	0.1	52	12	89.6	1.2	60Kcal
6	COWPEA LEAVES	Vigna Ungguiculata	3.4	4.1	0.7	290	25.5			0.05	0.18	6072	4	85.8	16	48Kcal
7	CLUSTER-BEAN	Cyamopsis Tetragonoloba	3.2	10.8	1.4	130	4.5			0.09	0.03	198	49	81	3.2	16Kcal
8	DOLICHOS BEAN	Lablab Purpureus	3.8	6.7	0.7	30	2.6			0.05	0.07	110	120	58.3	1.9	16Kcal
9	FRENCH-BEAN	Phaseolus Vulgaris	1.7	4.5	0.1	50	1.7	13	112	0.08	0.06	132	24	91.4	1.6	30Kcal
10	BOTTLE GOURD	Lagenaria Siceraria	0.2	2.5	0.1	20	0.7			0.03	0.01	0	0	96.1	0.6	12Kcal
11	BITTER GOURD	Momordica Charantia	1.6	4.2	0.2	20	1.8			0.07	0.09	126	88	92.4	0.8	25Kcal
12	RIDGE GOURD/ SPONGE GOURD	Luffa Acutangula/ Luffa cylindrica	0.5	3.4	0.1	18	0.5			0	0.1	33	5	93.8	0.5	17Kcal
13	CUCUMBER	Cucumis Sativus	0.4	2.5	0.1	10	1.5			0.03	0.2	0	7	96.3	0.4	13Kcal

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			(Gram)	(Gram)	(Gram)	(Mg.)	(Mg.)	(Mg.)	(Mg.)	(Mg.)	(Mg.)	(Mg.)	(Mg.)	(Mg.)		
14	RADISH WHITE	RAPHANUS SATIVUS	0.7	3.4	0.1	35	0.4			0.06	0.02	3	15	93	0.8	64KJ
15	CORIANDER LEAVES	CORINDER SATIRUM	3.3	6.3	0.6	184	18.5			0.05	0.06	6918	135	86.3	1.2	44Kcal
16	MAIZE	Zea maize	11.1	66.2	1.6	10	2			0.42	0.1	90	0	14.9	2.7	361Kcal
17	RICE	Orgzae sativa	7	78.2	0.5	10	3.1			0.05	0.05	0	0	13.7	0.2	346Kcal
18	BAJRA	Pinisitum	11.6	72.6	0.5	24	5.8			0.33	0.25	78	0	12.4	1.2	349Kcal
19	PUMPKIN	Cucurbita Moschata	1.4	4.6	0.1	10	0.7			0.05	0.11	83.3	2	91.6	1.1	109KJ