

NUTRITIVE VALUE OF LEAFY VEGETABLES

	Energy (Kcals)	Moisture (g)	Protein (g)	Fat (g)	Mineral (g)	Fibre (g)	Carbo hydra tes(g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)
Agathi	93	73	8	1	3	2	12	1130	80	4
Amaranth caudatus	26	90	3	1	3	1	2	200	40	-
Amaranth gangeticus	45	86	4	0	3	1	6	397	83	3
Amaranth paniculatus	67	79	6	1	4	2	9	530	60	18
Amaranth polygonoides	33	90	3	0	2	-	5	251	55	27
Amaranth spinisus	43	85	3	0	4	1	7	800	50	23
Chakravarthikeerai	57	81	4	1	4	2	8	321	71	18
Koyakeerai	37	88	3	0	1	2	5	292	51	2
Amaranth tritis	44	87	3	0	2	-	7	364	52	38
Amaranth viridis	38	82	5	0	3	6	4	330	52	19
Beet greens	46	86	3	1	2	1	6	380	30	16
Betel leaves	44	85	3	1	2	2	6	230	40	11
Bottle gourd leaves	39	88	2	1	2	1	6	80	59	-
Broad bean leaves	71	78	6	0	1	4	11	111	149	-
Brussels sprouts	52	85	5	0	1	1	7	43	82	2
Cabbage	27	92	2	0	1	1	5	39	44	1
Carrot leaves	77	77	5	0	3	2	13	340	110	9
Cauliflower	66	80	6	1	3	2	8	626	107	40
Celery leaves	37	88	6	1	2	1	2	230	140	6
Celery stalk	18	93	1	0	1	1	3	30	38	5
Colocasai leaves	56	83	4	1	2	3	7	227	82	10
Coriander leaves	44	86	3	1	2	1	6	184	71	1
Cow pea leaves	38	89	3	1	2	1	4	290	58	20
Curry leaves	108	63	6	1	4	6	19	830	57	1
Drumstick leaves	92	76	7	2	2	1	12	440	70	1
Fenugreek leaves	49	86	4	1	1	1	6	395	51	2
Gogu	56	86	2	1	1	-	10	172	40	1
Knol khol greens	43	87	3	0	1	2	6	740	50	13
Kuppameni	64	80	7	1	3	2	6	667	99	17
Lettuce	21	93	2	0	1	0	2	50	28	2
Manathakkali	68	82	6	1	2	-	9	410	70	20
Mayalu	32	91	3	0	2	-	4	200	35	10
Mint	48	85	5	1	2	2	6	200	62	16
Modakanthan keerai	61	83	5	1	2	-	9	-	-	-
Mukarrate keerai	61	84	6	1	1	-	7	667	99	18
Mustard leaves	34	90	4	1	2	1	3	155	26	16
Nerringi	68	79	7	0	5	-	9	1550	82	9
Parsley	87	75	6	1	3	2	13	390	175	18
Paruppu keerai	27	90	2	1	2	1	3	111	45	15

Ponnanganni	73	77	5	1	2	3	12	510	60	2
Pumpkin leaves	57	82	5	1	3	2	8	392	112	-
Radish leaves	28	91	4	0	2	1	2	265	59	0
Rape leaves	48	85	5	0	2	1	6	370	110	12
Safflower leaves	33	91	2	1	1	-	4	185	35	6
Shepu	37	88	3	0	2	1	5	190	42	17
Spinach	26	92	2	1	2	1	3	73	21	1
Spinach stalks	20	93	1	0	2	-	4	90	20	2
Tamarind leaves, tender	115	70	6	2	1	2	18	101	140	0
Turnip greens	67	82	4	1	2	1	9	710	60	28

Source

Gopalan. C, Rama Sastri B.V. and Balasubramanian, S.C., 2004, Nutritive Value of Indian Foods, National Institute of Nutrition, ICMR, Hyderabad.