

ROOTS, TUBERS AND VEGETABLES (Continued from leafy vegetables section)
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COMMUNITY FOOD SYSTEM DATA TABLE # 73

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Abelmoschus esculentus

Local name & other common names:

benda kaya, Okra/Lady Finger (English)

Part(s) used: Vegetable

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Vegetable
Moisture, g	89.6
Energy, Kcal	35
Protein, g	1.9
Fat, g	0.2
Carbohydrate, g	6.4
Fiber, g	1.2
Ash, g	0.7
Vitamin A, RE- μ g	4.3
Vitamin A, RAE- μ g	2.2
Beta carotene, μ g	-
Total carotene, μ g	52
Vitamin C, mg	13
Thiamin, mg	0.07
Riboflavin, mg	0.10
Niacin, mg	0.6
Folate, μ g	105
Calcium, mg	66
Iron, mg	0.4
Phosphorus, mg	56
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased:
 Unknown
Cost of production (if known): n/a
**Importance value to the community by
 age/gender:** Unknown
Reference: Nutritive value of Indian Foods.
 2002. S no 166 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 74

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Allium cepa

Local name & other common names:

neerulli/ulligadda, Onion (English)

Part(s) used: Root

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
	Root, raw
Moisture, g	86.6
Energy, Kcal	50
Protein, g	1.2
Fat, g	0.1
Carbohydrate, g	11.1
Fiber, g	0.6
Ash, g	0.4
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	-
Total carotene, μ g	0
Vitamin C, mg	11
Thiamin, mg	0.08
Riboflavin, mg	0.01
Niacin, mg	0.4
Folate, μ g	6.0
Calcium, mg	47
Iron, mg	0.6
Phosphorus, mg	50
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian Foods. 2002. S no 122 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 75

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Benincasa hispida

Local name & other common names:

boodida gummadi, Ash gourd (English)

Part(s) used: Gourd

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Gourd, raw
Moisture, g	96.5
Energy, Kcal	10
Protein, g	0.4
Fat, g	0.1
Carbohydrate, g	1.9
Fiber, g	0.8
Ash, g	0.3
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	0
Total carotene, μ g	0
Vitamin C, mg	1
Thiamin, mg	0.06
Riboflavin, mg	0.01
Niacin, mg	0.4
Folate, μ g	-
Calcium, mg	30
Iron, mg	0.8
Phosphorus, mg	20
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased:
 Unknown
Cost of production (if known): n/a
**Importance value to the community by
 age/gender:** Unknown
Reference: Nutritive value of Indian Foods.
 2002. S no 137 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*		
Low			
None			

[†] Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 76

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Beta vulgaris

Local name & other common names:

beetu gadda, Beet root (English)

Part(s) used: Root

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Root, raw
Moisture, g	87.7
Energy, Kcal	43
Protein, g	1.7
Fat, g	0.1
Carbohydrate, g	8.8
Fiber, g	0.9
Ash, g	0.8
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	-
Total carotene, μ g	0
Vitamin C, mg	10
Thiamin, mg	0.04
Riboflavin, mg	0.09
Niacin, mg	0.4
Folate, μ g	-
Calcium, mg	18
Iron, mg	1.2
Phosphorus, mg	55
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian Foods. 2002. S no 117 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 77

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Brassica oleracea var. *otrytis*

Local name & other common names:

phul gobi, Cauliflower (English)

Part(s) used: Vegetable

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Vegetable, raw
Moisture, g	90.8
Energy, Kcal	30
Protein, g	2.6
Fat, g	0.4
Carbohydrate, g	4.0
Fiber, g	1.2
Ash, g	1.0
Vitamin A, RE- μ g	2.5
Vitamin A, RAE- μ g	1.3
Beta carotene, μ g	-
Total carotene, μ g	30
Vitamin C, mg	56
Thiamin, mg	0.04
Riboflavin, mg	0.10
Niacin, mg	1.0
Folate, μ g	-
Calcium, mg	33
Iron, mg	1.2
Phosphorus, mg	57
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased:
 Unknown
Cost of production (if known): n/a
**Importance value to the community by
 age/gender:** Unknown
Reference: Nutritive value of Indian Foods.
 2002. S no 144 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

[†] Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 78

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Canavalia gladiata

Local name & other common names:

adavi chamma kaya, Sword beans (English)

Part(s) used: Beans

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Beans, raw
Moisture, g	87.2
Energy, Kcal	44
Protein, g	2.7
Fat, g	0.2
Carbohydrate, g	7.8
Fiber, g	1.5
Ash, g	0.6
Vitamin A, RE- μ g	2
Vitamin A, RAE- μ g	1
Beta carotene, μ g	-
Total carotene, μ g	24
Vitamin C, mg	12
Thiamin, mg	0.08
Riboflavin, mg	0.08
Niacin, mg	0.5
Folate, μ g	-
Calcium, mg	60
Iron, mg	2.0
Phosphorus, mg	40
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian Foods. 2002. S no 183 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	
Low			
None			

[†] Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 79

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Capparis horrida

Local name & other common names:

adavi adonda

Part(s) used: Unknown

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	-
Total carotene, μ g	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, μ g	-
Calcium, mg	-
Iron, mg	-
Phosphorus, mg	-
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: n/a
Code: n/a

Seasonality and use[†]

Use \ Season	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†] Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 80

Food category: Roots, Tubers and Vegetables

Scientific identification:

Carica papaya

Local name & other common names:

poppayi kayi, Green papaya (English)

Part(s) used: Fruit, green, unripe

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, unripe
Moisture, g	92
Energy, Kcal	27
Protein, g	0.7
Fat, g	0.2
Carbohydrate, g	5.7
Fiber, g	0.9
Ash, g	0.5
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	-
Total carotene, μ g	0
Vitamin C, mg	12
Thiamin, mg	0.01
Riboflavin, mg	0.01
Niacin, mg	0.1
Folate, μ g	-
Calcium, mg	28
Iron, mg	0.9
Phosphorus, mg	40
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 172 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†] Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 81

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Coccinis cordifolia

Local name & other common names:

donda kaya, Ivy gourd (English)

Part(s) used: Gourd

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Gourd, raw
Moisture, g	93.5
Energy, Kcal	18
Protein, g	1.2
Fat, g	0.1
Carbohydrate, g	3.1
Fiber, g	1.6
Ash, g	0.5
Vitamin A, RE- μ g	13
Vitamin A, RAE- μ g	6.5
Beta carotene, μ g	-
Total carotene, μ g	156
Vitamin C, mg	15.0
Thiamin, mg	0.07
Riboflavin, mg	0.08
Niacin, mg	0.7
Folate, μ g	59.0
Calcium, mg	40
Iron, mg	0.4
Phosphorus, mg	30
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased:
 Unknown
Cost of production (if known): n/a
**Importance value to the community by
 age/gender:** Unknown
Reference: Nutritive value of Indian Foods.
 2002. S no 164 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 82

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Colocasia antiquorum

Local name & other common names:

chama gadda, Colocasia (English)

Part(s) used: Vegetable

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Vegetable
Moisture, g	73.1
Energy, Kcal	97
Protein, g	3.0
Fat, g	0.1
Carbohydrate, g	21.1
Fiber, g	1.0
Ash, g	1.7
Vitamin A, RE- μ g	2
Vitamin A, RAE- μ g	1
Beta carotene, μ g	-
Total carotene, μ g	24
Vitamin C, mg	0
Thiamin, mg	0.09
Riboflavin, mg	0.03
Niacin, mg	0.4
Folate, μ g	54
Calcium, mg	40
Iron, mg	0.4
Phosphorus, mg	140
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased:
 Unknown
Cost of production (if known): n/a
**Importance value to the community by
 age/gender:** Unknown
Reference: Nutritive value of Indian Foods.
 2002. S no 119 (ref # 2).
Code: n/a

Seasonality and use[†]

Use \	Winter	Summer	Rainy
High			
Medium	*	*	
Low			
None			

[†] Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 83

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Colocasia antiquorum

Local name & other common names:

chama kada, Colocasia stem (English)

Part(s) used: Stem

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Stem, raw
Moisture, g	94
Energy, Kcal	18
Protein, g	0.3
Fat, g	0.3
Carbohydrate, g	3.6
Fiber, g	0.6
Ash, g	1.2
Vitamin A, RE- μ g	8.6
Vitamin A, RAE- μ g	4.3
Beta carotene, μ g	-
Total carotene, μ g	104
Vitamin C, mg	3
Thiamin, mg	0.07
Riboflavin, mg	0.07
Niacin, mg	0.1
Folate, μ g	-
Calcium, mg	60
Iron, mg	0.5
Phosphorus, mg	20
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian Foods. 2002. S no 147 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 84**Food category:** Roots, Tubers and Vegetables.**Scientific identification:***Cucumis sativus***Local name & other common names:**

keera kaya/dosa kaya, Cucumber (English)

Part(s) used: Vegetable**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Vegetable, raw
Moisture, g	96.3
Energy, Kcal	13
Protein, g	0.4
Fat, g	0.1
Carbohydrate, g	2.5
Fiber, g	0.4
Ash, g	0.3
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	0
Total carotene, μ g	0
Vitamin C, mg	7.0
Thiamin, mg	0.03
Riboflavin, mg	0
Niacin, mg	0.2
Folate, μ g	14.7
Calcium, mg	10
Iron, mg	0.6
Phosphorus, mg	25
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased:
 Unknown
Cost of production (if known): n/a
**Importance value to the community by
 age/gender:** Unknown
Reference: Nutritive value of Indian Foods.
 2002. S no 149 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 85

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Cyamopsis tetragonoloba

Local name & other common names:

goruchikkudu, Cluster beans (English)

Part(s) used: Bean

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Beans, raw
Moisture, g	81
Energy, Kcal	60*
Protein, g	3.2
Fat, g	0.4
Carbohydrate, g	10.8
Fiber, g	3.2
Ash, g	1.4
Vitamin A, RE- μ g	16.5
Vitamin A, RAE- μ g	8.3
Beta carotene, μ g	-
Total carotene, μ g	198
Vitamin C, mg	49
Thiamin, mg	0.09
Riboflavin, mg	0.03
Niacin, mg	0.6
Folate, μ g	144
Calcium, mg	130
Iron, mg	1.1
Phosphorus, mg	57
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian Foods. 2002. S no 146 (ref # 2). *Energy was calculated.
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 86

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Daucus carota

Local name & other common names:

gajjara gadda, Carrot (English)

Part(s) used: Root

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Root, raw
Moisture, g	86
Energy, Kcal	48
Protein, g	0.9
Fat, g	0.2
Carbohydrate, g	10.6
Fiber, g	1.2
Ash, g	1.1
Retinol, µg	-
Vitamin A, RE-µg	1275
Vitamin A, RAE-µg	638
Beta carotene, µg	6460
Total carotene, µg	8840
Vitamin C, mg	3.0
Thiamin, mg	0.04
Riboflavin, mg	0.02
Niacin, mg	0.6
Folate, µg	15.0
Calcium, mg	80
Iron, mg	1.0
Phosphorus, mg	530
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian Foods. 2002. S no 118 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 87

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Dolichos lablab

Local name & other common names:

kuura anpakaya, Field beans (English)

Part(s) used: Bean

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Bean, fresh, raw
Moisture, g	86.1
Energy, Kcal	48
Protein, g	3.8
Fat, g	0.7
Carbohydrate, g	6.7
Fiber, g	1.8
Ash, g	0.9
Vitamin A, RE- μ g	15.6
Vitamin A, RAE- μ g	7.8
Beta carotene, μ g	-
Total carotene, μ g	187
Vitamin C, mg	9.0
Thiamin, mg	0.10
Riboflavin, mg	0.06
Niacin, mg	0.7
Folate, μ g	-
Calcium, mg	210
Iron, mg	0.8
Phosphorus, mg	68
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian Foods. 2002. S no 153 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*		
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 88

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Entoluma macrocarpom

Local name & other common names:

putta godugulu, Mushroom (English)

Part(s) used: Vegetable

Preparation: As a curry

Nutrient	Nutrient Composition/100g (edible portion)
	Vegetable, raw
Moisture, g	88.5
Energy, Kcal	37*
Protein, g	3.1
Fat, g	0.8
Carbohydrate, g	4.3
Fiber, g	0.4
Ash, g	1.4
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	-
Total carotene, μ g	0
Vitamin C, mg	12.0
Thiamin, mg	0.14
Riboflavin, mg	0.16
Niacin, mg	2.4
Folate, μ g	-
Calcium, mg	6.0
Iron, mg	1.5
Phosphorus, mg	110
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Wild
Home harvested, collected or purchased: Free
Cost of production (if known): Nil
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 1980. S no 642, 2002. S no 533 (ref # 2).
 *Energy value was calculated.
Code: 2380

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 89**Food category:** Roots, Tubers and Vegetables.**Scientific identification:***Faba vulgaris***Local name & other common names:**

pedda chukudu, Double beans (English)

Part(s) used: Vegetable**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Vegetable, raw
Moisture, g	73.8
Energy, Kcal	85
Protein, g	8.3
Fat, g	0.3
Carbohydrate, g	12.3
Fiber, g	4.3
Ash, g	1.0
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	-
Total carotene, μ g	-
Vitamin C, mg	22
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, μ g	-
Calcium, mg	40
Iron, mg	2.3
Phosphorus, mg	140
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased:
 Unknown
Cost of production (if known): n/a
**Importance value to the community by
 age/gender:** Unknown
Reference: Nutritive value of Indian foods.
 2002. S no 150 (ref # 2)
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 90

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Ipomoea batatas

Local name & other common names:

ratnapuri gadda/chilagada dumpa, Sweet Potato (English)

Part(s) used: Tuber

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Tuber, raw
Moisture, g	68.5
Energy, Kcal	120
Protein, g	1.2
Fat, g	0.3
Carbohydrate, g	28.2
Fiber, g	0.8
Ash, g	1.0
Vitamin A, RE- μ g	334
Vitamin A, RAE- μ g	167
Beta carotene, μ g	1870*
Total carotene, μ g	2230*
Vitamin C, mg	24
Thiamin, mg	0.08
Riboflavin, mg	0.04
Niacin, mg	0.7
Folate, μ g	-
Calcium, mg	46
Iron, mg	0.2
Phosphorus, mg	50
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Chetu
Reference: Nutritive value of Indian foods. 2002. S no 130 (ref # 2).
 *Carotene values (ref # 6)
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 91

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Lagenaria vulgaris

Local name & other common names:

sora kaya, Bottle gourd (English)

Part(s) used: Gourd

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Gourd, raw
Moisture, g	96.1
Energy, Kcal	12
Protein, g	0.2
Fat, g	0.1
Carbohydrate, g	2.5
Fiber, g	0.6
Ash, g	0.5
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	-
Total carotene, μ g	0
Vitamin C, mg	0
Thiamin, mg	0.03
Riboflavin, mg	0.01
Niacin, mg	0.2
Folate, μ g	-
Calcium, mg	20
Iron, mg	0.5
Phosphorus, mg	10
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 141 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 92**Food category:** Roots, Tubers and Vegetables**Scientific identification:***Luffa acutangula***Local name & other common names:**

beera kayi, Ridge gourd (English)

Part(s) used: Gourd**Preparation:** Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Gourd, raw
Moisture, g	95.2
Energy, Kcal	17
Protein, g	0.5
Fat, g	0.1
Carbohydrate, g	3.4
Fiber, g	0.5
Ash, g	0.3
Vitamin A, RE- μ g	2.8
Vitamin A, RAE- μ g	1.4
Beta carotene, μ g	-
Total carotene, μ g	33
Vitamin C, mg	5.0
Thiamin, mg	-
Riboflavin, mg	0.01
Niacin, mg	0.2
Folate, μ g	-
Calcium, mg	18
Iron, mg	0.4
Phosphorus, mg	26
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 180 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	
Low			
None			

[†] Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 93

Food category: Roots, Tubers and Vegetables

Scientific identification:

Lycopersicon esculentum

Local name & other common names:

tamata pandu, Green tomato (English)

Part(s) used: Vegetable

Preparation: Eaten when green

Nutrient	Nutrient Composition/100g (edible portion)
	Vegetable, unripe
Moisture, g	93.1
Energy, Kcal	23
Protein, g	1.9
Fat, g	0.1
Carbohydrate, g	3.6
Fiber, g	0.7
Ash, g	0.6
Vitamin A, RE- μ g	16
Vitamin A, RAE- μ g	8
Beta carotene, μ g	-
Total carotene, μ g	192
Vitamin C, mg	31.0
Thiamin, mg	0.07
Riboflavin, mg	0.01
Niacin, mg	0.4
Folate, μ g	-
Calcium, mg	20
Iron, mg	1.8
Phosphorus, mg	36
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 185 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*		*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 94

Food category: Roots, Tubers and Vegetables

Scientific identification:

Mangifera indica

Local name & other common names:

mamidi kayi, Green Mango (English)

Part(s) used: Fruit

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, unripe
Moisture, g	87.5
Energy, Kcal	44
Protein, g	0.7
Fat, g	0.1
Carbohydrate, g	10.1
Fiber, g	1.2
Ash, g	0.4
Vitamin A, RE- μ g	7.5
Vitamin A, RAE- μ g	3.8
Beta carotene, μ g	-
Total carotene, μ g	90
Vitamin C, mg	3.0
Thiamin, mg	0.04
Riboflavin, mg	0.01
Niacin, mg	0.2
Folate, μ g	-
Calcium, mg	10
Iron, mg	0.3
Phosphorus, mg	19
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender and other miscellaneous information: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 170 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 95

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Mirabilis jalapa

Local name & other common names:

gurumash gadda

Part(s) used: Roots

Preparation: Curry

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	-
Total carotene, μ g	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, μ g	-
Calcium, mg	-
Iron, mg	-
Phosphorus, mg	-
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: n/a
Code: n/a

Seasonality and use[†]

Use \ Season	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†] Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 96

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Momordica charantia

Local name & other common names:

kakara kaya, Bitter gourd (English)

Part(s) used: Gourd

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Gourd, raw
Moisture, g	92.4
Energy, Kcal	25
Protein, g	1.6
Fat, g	0.2
Carbohydrate, g	4.2
Fiber, g	0.8
Ash, g	0.8
Vitamin A, RE- μ g	10.5
Vitamin A, RAE- μ g	5.3
Beta carotene, μ g	-
Total carotene, μ g	126
Vitamin C, mg	88.0
Thiamin, mg	0.07
Riboflavin, mg	0.09
Niacin, mg	0.5
Folate, μ g	-
Calcium, mg	20
Iron, mg	0.6
Phosphorus, mg	70
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 139 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 97

Food category: Roots, Tubers and Vegetables

Scientific identification:

Moringa dioica

Local name & other common names:

adavi kakara, Small bitter gourd (English)

Part(s) used: Vegetable

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Vegetable, raw
Moisture, g	83.2
Energy, Kcal	60
Protein, g	2.1
Fat, g	1.0
Carbohydrate, g	10.6
Fiber, g	1.7
Ash, g	1.4
Vitamin A, RE- μ g	10.5
Vitamin A, RAE- μ g	5.3
Beta carotene, μ g	-
Total carotene, μ g	126
Vitamin C, mg	96.0
Thiamin, mg	0.07
Riboflavin, mg	0.06
Niacin, mg	0.4
Folate, μ g	-
Calcium, mg	23
Iron, mg	2.0
Phosphorus, mg	38
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 140 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 98

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Moringa oleifera

Local name & other common names:

mulaga kada, Drumstick (English)

Part(s) used: Vegetable

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Vegetable, raw
Moisture, g	86.9
Energy, Kcal	26
Protein, g	2.5
Fat, g	0.1
Carbohydrate, g	3.7
Fiber, g	4.8
Ash, g	2.0
Vitamin A, RE- μ g	9.2
Vitamin A, RAE- μ g	4.6
Beta carotene, μ g	-
Total carotene, μ g	110
Vitamin C, mg	120
Thiamin, mg	0.05
Riboflavin, mg	0.07
Niacin, mg	0.2
Folate, μ g	-
Calcium, mg	30
Iron, mg	0.2
Phosphorus, mg	110
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 151 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 99

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Phaseolus coccineus

Local name & other common names:

beans, Scarlet runner bean (English)

Part(s) used: Bean

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Beans, raw
Moisture, g	58.3
Energy, Kcal	158
Protein, g	7.4
Fat, g	1.0
Carbohydrate, g	29.8
Fiber, g	1.9
Ash, g	1.6
Vitamin A, RE- μ g	2.8
Vitamin A, RAE- μ g	1.4
Beta carotene, μ g	-
Total carotene, μ g	34
Vitamin C, mg	27.0
Thiamin, mg	0.34
Riboflavin, mg	0.19
Niacin, mg	0
Folate, μ g	-
Calcium, mg	50
Iron, mg	2.6
Phosphorus, mg	160
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 138 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 100

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Phaseolus vulgaris

Local name & other common names:

chekkudu, French beans (English)

Part(s) used: Beans

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Beans, raw
Moisture, g	91.4
Energy, Kcal	26
Protein, g	1.7
Fat, g	0.1
Carbohydrate, g	4.5
Fiber, g	1.8
Ash, g	0.5
Vitamin A, RE- μ g	11
Vitamin A, RAE- μ g	5.5
Beta carotene, μ g	-
Total carotene, μ g	132
Vitamin C, mg	24
Thiamin, mg	0.08
Riboflavin, mg	0.06
Niacin, mg	0.3
Folate, μ g	45.5
Calcium, mg	50
Iron, mg	0.6
Phosphorus, mg	28
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 155 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 101

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Raphanus sativus

Local name & other common names:

mullangi/ullem gadda, Radish, white (English)

Part(s) used: Vegetable

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Vegetable, raw
Moisture, g	94.4
Energy, Kcal	17
Protein, g	0.7
Fat, g	0.1
Carbohydrate, g	3.4
Fiber, g	0.8
Ash, g	0.6
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	-
Total carotene, μ g	3
Vitamin C, mg	15.0
Thiamin, mg	0.06
Riboflavin, mg	0.02
Niacin, mg	0.5
Folate, μ g	-
Calcium, mg	35
Iron, mg	0.4
Phosphorus, mg	22
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 129 (ref # 2).
Code: n/a

Seasonality and use[†]

Use \ Season	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 102

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Solanum melongena

Local name & other common names:

vankayaly, Brinjal (English)

Part(s) used: Gourd

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Gourd, raw
Moisture, g	92.7
Energy, Kcal	24
Protein, g	1.4
Fat, g	0.3
Carbohydrate, g	4.0
Fiber, g	1.3
Ash, g	0.8
Vitamin A, RE- μ g	6.2
Vitamin A, RAE- μ g	3.1
Beta carotene, μ g	-
Total carotene, μ g	74
Vitamin C, mg	12
Thiamin, mg	0.04
Riboflavin, mg	0.11
Niacin, mg	0.9
Folate, μ g	-
Calcium, mg	18
Iron, mg	0.4
Phosphorus, mg	47
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 142 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 103

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Solanum tubersum

Local name & other common names:

alu gaddalu, Potato (English)

Part(s) used: Tuber

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Tuber, raw
Moisture, g	74.7
Energy, Kcal	97
Protein, g	1.6
Fat, g	0.1
Carbohydrate, g	22.6
Fiber, g	0.4
Ash, g	0.6
Vitamin A, RE- μ g	2
Vitamin A, RAE- μ g	1
Beta carotene, μ g	-
Total carotene, μ g	24
Vitamin C, mg	17
Thiamin, mg	0.10
Riboflavin, mg	0.01
Niacin, mg	1.2
Folate, μ g	7.0
Calcium, mg	10
Iron, mg	0.5
Phosphorus, mg	40
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 125 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 104

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Trichosanthes anguina

Local name & other common names:

potla kaya, Snake gourd (English)

Part(s) used: Gourd

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Gourd, raw
Moisture, g	94.6
Energy, Kcal	18
Protein, g	0.5
Fat, g	0.3
Carbohydrate, g	3.3
Fiber, g	0.8
Ash, g	0.5
Vitamin A, RE- μ g	8
Vitamin A, RAE- μ g	4
Beta carotene, μ g	-
Total carotene, μ g	96
Vitamin C, mg	0
Thiamin, mg	0.04
Riboflavin, mg	0.06
Niacin, mg	0.3
Folate, μ g	15.5
Calcium, mg	26
Iron, mg	1.5
Phosphorus, mg	20
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 181 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 105

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Vicia faba

Local name & other common names:

pedda chikkudu, Broad beans (English)

Part(s) used: Gourd

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Gourd, raw
Moisture, g	85.4
Energy, Kcal	48
Protein, g	4.5
Fat, g	0.1
Carbohydrate, g	7.2
Fiber, g	2.0
Ash, g	0.8
Vitamin A, RE- μ g	0.8
Vitamin A, RAE- μ g	0.4
Beta carotene, μ g	-
Total carotene, μ g	9
Vitamin C, mg	12
Thiamin, mg	0.08
Riboflavin, mg	-
Niacin, mg	0.8
Folate, μ g	-
Calcium, mg	50
Iron, mg	1.4
Phosphorus, mg	64
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 143 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 106

Food category: Roots, Tubers and Vegetables

Scientific identification:

Vigna catjang

Local name & other common names:

bebbari, Cow pea pods (English)

Part(s) used: Vegetable

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Vegetable, raw
Moisture, g	85.3
Energy, Kcal	48
Protein, g	3.5
Fat, g	0.2
Carbohydrate, g	8.1
Fiber, g	2.0
Ash, g	0.9
Vitamin A, RE- μ g	47
Vitamin A, RAE- μ g	23.5
Beta carotene, μ g	-
Total carotene, μ g	564
Vitamin C, mg	14.0
Thiamin, mg	0.07
Riboflavin, mg	0.09
Niacin, mg	0.9
Folate, μ g	-
Calcium, mg	72
Iron, mg	2.5
Phosphorus, mg	59
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 148 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*		
Low			
None			

[†] Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 107

Food category: Roots, Tubers and Vegetables.

Scientific identification:

Unknown

Local name & other common names:

chenchu gadda

Part(s) used: Unknown

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta carotene, μ g	-
Total carotene, μ g	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, μ g	-
Calcium, mg	-
Iron, mg	-
Phosphorus, mg	-
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: n/a
Code: n/a

Seasonality and use[†]

Use \ Season	Winter	Summer	Rainy
High			
Medium		*	
Low			
None			

[†] Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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