



- 📖 Traditional Food Plants of Kenya (National Museum of Kenya, 1999, 288 p.)
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Appendix: Nutritional composition of edible parts of plants

Species	plant part	energy kJ	water %	protein g	fibre g	ash g	fat g	total CHO g	NFE g	vit C mg	β- carotene eq μg
Acacia nilotica	seeds			14.1	14.3	6.2	1.9				
Acacia senegal	seeds			22	39	7.1	1				
Acacia senegal	seeds			40.1	13.7	5	5.8				
Acacia tortilis	seeds		8.28	13.21		16.21	6.93	55.37			18000
Acacia tortilis	green pod	280	75	4.2	7.2	1.5	0.3	19	11.8	1.1	

Acokanthera oppositifolia	fruit		89.03							3.58	
Adansonia digitata	fruit	1229	8.7	2.7	8.9	5.8	0.2	82.6	73.7	20.9	
Adansonia digitata	kernel	1803	8.1	33.7	16.9	5.9	30.6	21.7	4.8		
Adansonia digitata	pulp	1214	16.0	2.2	6.8	4.3	0.8	76.7	69.9	270	70
Adansonia digitata	meal	1331	7.4	6.6	5.7	4.2	0.3	81.5	75.8		
Adansonia digitata	leaves raw	289	77	3.8	2.8					50	
Aerva lanata	leaves raw		85.85	2.59		3.46				10.84	1518
Aerva lanata	leaves	201	83.1	3.9	2.1	3.0	0.6	9.4	7.3		
Amaranthus sp.	leaves raw		83.28	3.15	2.01	3.12	0.21	10.24	8.23	127.27	10667
Amaranthus sp.	leaves raw	176	84	4.6			0.2			64	5716
Amaranthus sp.	seeds dried	1490	12.7	14.0			6.0				
Amaranthus sp.	leaves raw	151	86.9	3.5	1.3	2.6	0.5	6.5	5.2	80	
Amaranthus caudatus	leaves raw		75.51	4.72	3.02	5.55	0.29	14.29	11.27	179.49	9031
Amaranthus cruentus	leaves raw		79.96	4.84	2.0	4.36					
Amaranthus dubius	leaves raw		80.74	3.83	3.33	3.45	0.2	11.79	8.46	137.88	10375
Amaranthus	leaves raw	226	72.7	6.2	2.8	5.2	0.5	15.2	12.5		

<i>Amaranthus hybridus</i>	leaves raw	550	72.7	0.5	2.0	3.2	0.5	15.5	12.5		
<i>Amaranthus thunbergii</i>	leaves raw	147	83.6	4.3	2.8	5.1	0.2	6.8	4.0		
<i>Antidesma venosum</i>	fruit		83							3.08	
<i>Asystasia gangetica</i>	leaves raw		88.04	2.96	1.3	2.95				6.05	4625
<i>Azanza garckeana</i>	fruit		18.0								
<i>Balanites aegyptiaca</i>	fruit raw	511	64.0	2.2		1.9	tr.	31.9		14	
<i>Balanites aegyptiaca</i>	fruit dried	1151	19.0	5.0	3.1	4.4	0.1	71.5	68.4	35	0
<i>Balanites aegyptiaca</i>	kernel dried	2289	5.0	23.0	5.4	3.2	43.5	25.3	19.9	0	0
<i>Balanites aegyptiaca</i>	seeds	2140		27	1.0	3.7	34				
<i>Balanites aegyptiaca</i>	fruit	1129		4.9	3.5						
<i>Balanites aegyptiaca</i>	fruit	1357		4.1	6.6	3.9					
<i>Basella alba</i>	leaves raw		90.2	1.85	1.5	1.4	0.33	6.22	4.73	227.45	1927
<i>Basella alba</i>	leaves raw	84	92.5	1.8	0.8	1.7	0.3	3.7	2.9	39	
<i>Basella alba</i>	leaves raw	80	93.4	1.6	0.6					85	3500

Berchemia discolor	fruit									116	
Berchemia discolor	fruit		38.65	0.99	30.43	3.08	2.8	59.26		2.85	
Borassus aethiopum	fruit raw	179	87.6	0.8			0.1			5	
Boscia coriacea	fruit ripe	1994	7.46	16.63	31.92	4.82	1.93		44.7		
Brassica carinata	leaves		86.1	3.5	1.6	3.4	0.8	4.3		197	
Cajanus cajan	seed whole dried	1444	9.9	19.5	7.3	3.8	1.3	65.5	58.2	tr.	55
Cajanus cajan	seeds raw unripe		67.4	7.0	3.5	1.3	0.6	23.7?	20.2		
Cajanus cajan	seeds dry ripe		10.1	19.2	8.1	3.8	1.5	65.4	57.3		
Carissa edulis	fruit ripe, no seeds	77.2	3.4	2.0							
Carissa edulis	fruit unripe with seeds	79.2	5.7	2.0							
Citrullus lanatus	fruit raw	92	93.6	0.5	0.4	0.3	0.1	5.5	5.1	8	250
Citrullus lanatus	flesh	60	94.2	0.4	1.2	1.1	0.04	4.26	3.06	9.2	
Citrullus lanatus	seed	1274	5.7	17.9	41.8	1.9	20.2	54.3	12.5		
Citrullus lanatus	fruit		93.4	0.5	0.2	0.5	0.1	5.5	5.3		
Cleome gynandra	leaves raw	181	85	5.1	1.3	3.6	0.6	5.7	4.4		
Cleome gynandra	leaves raw	142	86.6	4.8	1.2	3.0	0.4	5.2		13	

Cleome gynandra	leaves cooked	172	86.6	4.2	1.3	1.9	1.0	6.3				
Commelina benghalensis	leaves raw		82.31	3.79		1.98						
Commelina forskaolii	leaves dry			20.25	17.4	15.7	2.89	61.16	43.76			
Commiphora sp. nr. campestris	fruit unripe		77.42	1.04		1.27						
Corchorus olitorius	leaves raw	243	80.4	4.5	2.0	2.4	0.3	12.4	10.4	80	6410	
Corchorus olitorius	leaves dried	1000	20.2	19.0		9.1	1.6	50.1		2.0		
Corchorus olitorius	leaves raw	180	86.1	5.6	1.7					55	7900	
Corchorus trilocularis	leaves raw		86.91	3.36	1.43	1.83				7.55	3562	
Cordia sinensis	fruit		12.06	25.89	26.38	5.32	5.01	68.98				
Cordia sinensis	berry ripe	2015	8.79	16.59	6.81		5.25	27.11	44.24			
Crotalaria brevidens	leaves raw		74.5	8.8	1.6	1.6						
Crotalaria brevidens	leaves raw			4.55						122	5800	
Crotalaria ochroleuca	leaves raw		74.5	8.8		1.6						
Cucumis	leaves raw	146	89.9	1.0	tr	0.8	0.7	7.6		21		

<i>Cucumis dipsaceus</i>	leaves raw	140	09.9	1.0	0.1	0.0	0.7	7.0		21		
<i>Cyperus blysmoides</i>	corm sheaths			12.44		12.81	3.14					
<i>Dactyloctenium aegyptium</i>	whole seed	1440	11.4	15.7	2.8	2.9	1.9	68.1				
<i>Dialium orientale</i>	fruit pulp		20.37	2.44		2.83						
<i>Dialium orientale</i>	fruit pulp with membrane		20.44	2.16		3.42						
<i>Digera muricata</i> var. <i>patentipilosa</i>	leaves raw		88.48	3.2	1.07	2.53				4.85	3800	
<i>Digera muricata</i> ssp. <i>trinervis</i>	leaves raw		88.43	2.89	1.97	2.44	0.04	6.21	4.24	35.17	5719	
<i>Dioscorea bulbifera</i>	tuber	326	79.4	1.4	1.2	1.0	0.2	18.0				
<i>Dioscorea bulbifera</i>	tuber	469	71.0	1.5	0.9	0.9	0.1	26.6				
<i>Dioscorea dumetorum</i>	tuber	519	67.3	3.2	0.8	1.1	0.1	28.3				
<i>Dioscorea minutiflora</i>	tuber	494	64.0	3.0	10	1.5	0.1	27.0				
<i>Diospyros mespiliformis</i>	fruit pulp raw	522.5	64.5	1.0						13		
<i>Bobera alabra</i>	fruit green	1272	11.04	22.63	19.1	20.66	1.4	76.5				

Eleusine coracana	whole grain red	1373	11.3	7.3	3.4	3.3	1.4	70.3				
Eleusine coracana	whole grain white	1444	10.5	9.9	2.7	3.1	4.5	72.0				
Eleusine coracana	grain	1377	10.9	7.4	4.3		1.3	77.7				tr.
Ficus sycomorus	fruit	227	82.7	1.3	3.6	1.3	0.9	13.8	10.2			
Flacourtia indica	fruit		72.3							0		
Grewia bicolor	fruit dry (flesh + skin)	1302	13.2	10.3	13.5	5.9	0.1	70.5	57	9.3		
Grewia tenax	fruit		59.14	4.5	21.13	4.33	6.8	60.87		161.09	1400	
Grewia villosa	fruit flesh	443	70	3.3	1.9	2	0.2	24.5	22.6			
Grewia villosa	berries green		84.2	1.6	5.9	1.5	0.1		6.7			
Hyphaene compressa	fruit		6.45	1.24	14.95j	8.24	2.74	67.36				
Hyphaene compressa	fruit (mesocarp)		10.73	1.95	15.09	7.5						
Hyphaene coriacea	pulp ripe		11.72	4.66	28.86	4.55	3.91		58.02			
Ipomoea aquatica	leaves raw		87.95	3.15	1.13	1.3						3063
Ipomoea	leaves raw		83.54	3.42	2.25	1.81						1

Ipomoea aquatica	leaves raw	184	85.0	3.3	1.9	2.0	0.4	9.3	7.4		
Ipomoea aquatica	leaves raw	126	90.0	2.7	1.1					45	2900
Ipomoea longituba	tuber		85.72	4.02	1.61	1.6	0.1	8.56	6.96		
Ipomoea mombassana	leaves raw		87.3	3.25	1.9	2.16	0.26	7.03	5.13	18.62	5969
Ipomoea mombassana	leaves raw		86		2.1	1.89	0.29				6862
Kedrostis pseudogijef	leaves raw		88	3.0	2.58	2.45	0.20	6.47	3.89	33.87	4505
Lablab purpureus	seed whole dried	1423	10.9	22.8	8.6	3.2	1.0	62.1		tr.	
Lablab purpureus	Pods immature		82.4	4.5	2.0	1.0	0.1	12	10		
Lablab purpureus	pulse dry		9.6	24.9	1.4	3.2	0.8	61.5	60.1		
Landolphia buchananii	fruit		87.5							18.29	
Launaea cornuta	leaves raw		88.77	2.66	1.29	2.16				6.06	4609
Launaea cornuta	leaves raw		82.69	3.62	1.98	2.61					
Leptadenia hastata	leaves raw	226	81.0	4.9	4.7	2.6	0.2	11.3		78	4915
Maerua	fruit ripe	1990		24.18	16.57	1.85	1.48		51.18		

decumbens Nymphaea lotus	root	502	64	5.2	1.0	1.1	0.2	29.5				
Ocimum basilicum	leaves	313.5	77.1	5.5	2.1	5.2	1.4	13.9				
Oxygonum salicifolium	leaves raw		88.69	2.3	1.68	2.1				10.16	3250	
Pennisetum glaucum	grain whole dried	1427	12.0	10.4	1.9	2.0	4.0	71.6		3	tr.	
Portulaca oleracea	leaves raw	96	90.6	2.4	0.8	2.5	0.3	4.2		58		
Portulaca oleracea	leaves raw	142	87.5	2.2	1.1					20	1300	
Salvadora persica	fruit		10.72	14.77	4.03	8.82	5.27	49.31				
Sclerocarya birrea	flesh	225	85	0.5	1.2	0.9	0.4	13.2	12	194		
Sclerocarya birrea	nut	2703	4	28.3	2.9	3.8	57.3	6.6	3.7			
Sclerocarya birrea	fruit pulp raw		87.0							179		
Sclerocarya birrea ssp caffra	fruit raw	126	91.7	0.5	0.5	0.2	0.1	7.5		68		
Sesamum calycinum	leaves raw		76.51	5.60	2.23	2.23	0.62	15.04	12.81	47.06	8302	
Sesamum	seed whole	2336	5.2	17.9	4.5	6.2	48.4	22.3		tr.	30	

Sesamum orientale (S. indicum)	dried											
Sesamum orientale (S. indicum)	seed		5	22			50					
Solanum nigrum	leaves raw	159	87.2	4.3	1.3	2.0	0.8	5.7		20	3660	
Solanum nigrum	leaves raw	184	85	4.6	1.1					30	1700	
Sorghum bicolor	grain whole brown	1431	9.5	10.3	2.4	2.9	2.9	74.4	72			
Sorghum bicolor	grain whole red	1419	11.5	9.8	2.3	2.0	3.1	73.6	71.3		10	
Sorghum bicolor	grain whole white	1431	11.0	9.8	2.4	2.0	3.2	74.0	71.6			
Stathmostelma propinquum	tuber (semi-dry)			4.29	6.8	11.25	1.12	83.34	76.54			
Strychnos innocua	fruit		70.6							14		
Strychnos spinosa	fruit	305	78.8	2.7	1.4	1.8	0.1	16.6	15.2	10.6		
Strychnos spinosa	fruit	301	79.7	1.6	0.6	1.0	0.6	17.1	18			
Syzygium guineense	fruit		88.1									
Tamarindus	fruit raw	285	80.2	2.0	8.4	1.0	0.2	16.6	8.2	8		

indica												
Tamarindus indica	fruit dried	1130	21.3	5.0	18.3	2.4	0.6	70.7	52.4	9	60	
Tamarindus indica	Fruit pulp		20.6	3.1	3.0	2.1	0.4	73.8	70.8			
Tamarindus indica	seeds			16.0			5.5					
Thylachium thomasi	tuber		76.12	4.87	2.44	2.60	0.12	16.29	13.85			1
Urtica massaica	leaves raw		80.45	5.79	1.82	3.26				138.6	8116	
Vangueria madagascariensis	fruit green		11.96	9.75	43.93	7.27						
Vangueria infausta	fruit	498	64.4	1.4	4.7	1.4	0.1	32.7	28	4.7		
Vatovaea pseudolablab	leaves raw		83.44	5.41	2.89	1.69	0.66	8.81	5.91	113.69	5177	
Vernonia cinerea	leaves raw		89.32	2.8	1.16	2.41				6.07	2515.5	
Vigna membranacea caesia	leaves dry			26.25	17.3	12.13	3.0	58.63	41.33			
Vigna membranacea caesia	leaves raw		80.9	6.56	2.0	2.83	0.37	9.34	7.34		4812.5	
Vigna	leaves raw	142	88.4	4.2	1.7					35	2400	

unguiculata Vigna	pulse dry		11.0	23.4	3.9	3.6	1.3	60.7	56.8		
unguiculata											
Vigna unguiculata	pod young green		86.2	3.4	1.8	0.9	0.3	9.2	7.4		
Vigna unguiculata	leaves		84.4	4.7	1.8	2.0	0.3	4.3		87	
Vigna unguiculata	leaves raw	184	85	4.7			0.3			56	7970
Vigna unguiculata	leaves dried	950	10.6	22.6			3.2			86	
Vigna unguiculata ssp unguiculata	seeds dried	1415	11.4	22.4	5.4	3.7	1.4	61.0	55.6	2	
Vitex doniana	fruit	435	70.6	0.7	1.3	0.9	0.4	27.4		9	
Vitex doniana	fruit	1031		0.3	27	5.5	0.8				
Vitex payos	fruit	63								1.95	593.75
Ximenia americana	fruit	556	64.8	2.8	1.2	1.9	0.8	29.7	28.5	69.7	680
Ximenia americana var. Caffra	fruit	37.4	77.4	1.9	0.9	1.3	1.5	17.9	17.0	68.2	
Zanthoxylum chalybeum	fruit dry		10.98	8.5		5.52	7.75	67.26			
Ziziphus	fruit semi-	1005	30.8	3:7	2.8	2.4	0.1	63.0		35	0

Ziziphus mauritiana	fruit dried	1201	17.4	4.3	3.4	2.8	0.1	75.4		24	0
Ziziphus mauritiana	fruit dry	565		1.2	1.5		0.3			400	
Ziziphus mucronata	fruit	1695		4.4	11.4	4.3	21.8				
Ziziphus mucronata	fruit	653	56.4	5.6	2.0	3.2	0.4	34.4	32.4	86.4	

These data are from a number of sources listed in the Bibliography.

Key

β -carotein eq p-carotene equivalent

Ca calcium

CHO carbohydrates

Fe iron

K potassium

Mg magnesium

Na sodium

NFE nitrogen-free extract

niac niacin

ribo riboflavin

thi thiamine

tr. trace

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meister13.htm

kJ	kilojoules
g	grams
mg	milligrams
μg	micrograms

