

Republic of the Philippines
Department of Science and Technology
FOOD AND NUTRITION RESEARCH INSTITUTE
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COPPe

Food ID: A035 Food name and Description: Bread, toasted, w/ margarine-sugar topping Scientific name: Alternate/Common name(s): Biscocho Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	5
Energy, calculated (kcal)	412
Protein (g)	9.3
Total Fat (g)	7.4
Carbohydrate, total (g)	77.1
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	6.3
Sugars, total (g)	0.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	44
Phosphorus, P (mg)	92
Iron, Fe (mg)	3.1
Sodium, Na (mg)	599

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (μg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.17
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	3.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	1.03
Fatty acids, monounsaturated, total (g)	1.81
Fatty acids, polyunsaturated, total(g)	2.96
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 8:23:27