



Food ID: A040

Food name and Description: Bread, pan de limon

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	23.8
Energy, calculated (kcal)	321
Protein (g)	10.6
Total Fat (g)	3.9
Carbohydrate, total (g)	60.9
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.4
Sugars, total (g)	7.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	25
Phosphorus, P (mg)	84
Iron, Fe (mg)	3.6
Sodium, Na (mg)	579

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	245
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	246
Thiamin, Vitamin B1 (mg)	0.18
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	3.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.92
Fatty acids, monounsaturated, total (g)	0.93
Fatty acids, polyunsaturated, total(g)	1.65
Cholesterol (mg)	4