



Food ID: A046

Food name and Description: Bread, sweet roll w/ mung bean filling

Scientific name:

Alternate/Common name(s): Ensaymada, may munggo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	24.9
Energy, calculated (kcal)	307
Protein (g)	9.6
Total Fat (g)	2.1
Carbohydrate, total (g)	62.5
Ash, total (g)	0.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.2
Sugars, total (g)	25

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	29
Phosphorus, P (mg)	100
Iron, Fe (mg)	2.8
Sodium, Na (mg)	155

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	2
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	3
Thiamin, Vitamin B1 (mg)	0.2
Riboflavin, Vitamin B2 (mg)	0.17
Niacin (mg)	1.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.16
Fatty acids, monounsaturated, total (g)	0.65
Fatty acids, polyunsaturated, total(g)	0.2
Cholesterol (mg)	4