

Republic of the Philippines
Department of Science and Technology
FOOD AND NUTRITION RESEARCH INSTITUTE
General Santos Avenue, Bicutan, Taguig City, Philippines

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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 15:01:09