



**Food ID:** A091

**Food name and Description:** Cookies, lady finger

**Scientific name:**

**Alternate/Common name(s):** Brohas

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	10.5
Energy, calculated (kcal)	388
Protein (g)	8.6
Total Fat (g)	6.5
Carbohydrate, total (g)	73.7
Ash, total (g)	0.7

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.1
Sugars, total (g)	52.9

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	66
Phosphorus, P (mg)	136
Iron, Fe (mg)	1.5
Sodium, Na (mg)	163

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	119
beta-Carotene (µg)	88
Retinol Activity Equivalent, RAE (µg)	127
Thiamin, Vitamin B1 (mg)	0.18
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.16
Fatty acids, monounsaturated, total (g)	2.68
Fatty acids, polyunsaturated, total(g)	1.02
Cholesterol (mg)	-