



Food ID: A095

Food name and Description: Cookies, pasencia

Scientific name:

Alternate/Common name(s): Pacencia/Paciencia

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	4.4
Energy, calculated (kcal)	397
Protein (g)	6.9
Total Fat (g)	3.3
Carbohydrate, total (g)	84.9
Ash, total (g)	0.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.1
Sugars, total (g)	21.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	39
Phosphorus, P (mg)	82
Iron, Fe (mg)	2.2
Sodium, Na (mg)	402

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	65
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	65
Thiamin, Vitamin B1 (mg)	0.16
Riboflavin, Vitamin B2 (mg)	0.19
Niacin (mg)	1.5
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)	1.34
Fatty acids, polyunsaturated, total(g)	0.75
Cholesterol (mg)	0