



**Food ID:** A098

**Food name and Description:** Cookies, polvoron

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	4.1
Energy, calculated (kcal)	478
Protein (g)	5.2
Total Fat (g)	19.2
Carbohydrate, total (g)	71
Ash, total (g)	0.5

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

Fiber, total dietary (g)	1.3
Sugars, total (g)	21.5

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

Calcium, Ca (mg)	23
Phosphorus, P (mg)	59
Iron, Fe (mg)	1.4
Sodium, Na (mg)	351

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

Retinol, Vitamin A (µg)	215
beta-Carotene (µg)	45
Retinol Activity Equivalent, RAE (µg)	219
Thiamin, Vitamin B1 (mg)	0.2
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	1.9
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	5.94
Fatty acids, monounsaturated, total (g)	4.91
Fatty acids, polyunsaturated, total(g)	6.1
Cholesterol (mg)	0