



Food ID: A103

Food name and Description: Corn flakes, enr

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	2
Energy, calculated (kcal)	387
Protein (g)	8.2
Total Fat (g)	0.6
Carbohydrate, total (g)	87.2
Ash, total (g)	2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.4
Sugars, total (g)	9.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	42
Phosphorus, P (mg)	46
Iron, Fe (mg)	9.4
Sodium, Na (mg)	838

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	722
beta-Carotene (µg)	125
Retinol Activity Equivalent, RAE (µg)	732
Thiamin, Vitamin B1 (mg)	1.87
Riboflavin, Vitamin B2 (mg)	7.93
Niacin (mg)	21.4
Ascorbic Acid, Vitamin C (mg)	184

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.17
Fatty acids, monounsaturated, total (g)	0.1
Fatty acids, polyunsaturated, total(g)	0.29
Cholesterol (mg)	0