



**Food ID:** A107

**Food name and Description:** Corn pudding, maja, yellow w/ grtd coconut topping

**Scientific name:**

**Alternate/Common name(s):** Maja, mais, may niyog

**Edible portion:** 100%

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

Water (g)	63.8
Energy, calculated (kcal)	151
Protein (g)	1.8
Total Fat (g)	1.3
Carbohydrate, total (g)	32.9
Ash, total (g)	0.2

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

Fiber, total dietary (g)	2.2
Sugars, total (g)	16.3

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

Calcium, Ca (mg)	22
Phosphorus, P (mg)	29
Iron, Fe (mg)	1.8
Sodium, Na (mg)	13

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	120
Retinol Activity Equivalent, RAE (µg)	10
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	1.15
Fatty acids, monounsaturated, total (g)	0.06
Fatty acids, polyunsaturated, total(g)	0.02

Cholesterol (mg)

0