



**Food ID:** A116

**Food name and Description:** Cream puff

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	35.6
Energy, calculated (kcal)	293
Protein (g)	5.4
Total Fat (g)	7.5
Carbohydrate, total (g)	50.9
Ash, total (g)	0.6

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

Fiber, total dietary (g)	0.9
Sugars, total (g)	23.1

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

Calcium, Ca (mg)	60
Phosphorus, P (mg)	77
Iron, Fe (mg)	1.6
Sodium, Na (mg)	278

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

Retinol, Vitamin A (µg)	9
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	9
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	2.86
Fatty acids, monounsaturated, total (g)	2.46
Fatty acids, polyunsaturated, total(g)	1.69
Cholesterol (mg)	27