



Food ID: A117

Food name and Description: Curls, bbq flvr

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	2.6
Energy, calculated (kcal)	455
Protein (g)	7.8
Total Fat (g)	15.5
Carbohydrate, total (g)	71.1
Ash, total (g)	3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.2
Sugars, total (g)	2.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	126
Phosphorus, P (mg)	102
Iron, Fe (mg)	2.6
Sodium, Na (mg)	886

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	4
beta-Carotene (µg)	30
Retinol Activity Equivalent, RAE (µg)	7
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.39
Fatty acids, monounsaturated, total (g)	4.52
Fatty acids, polyunsaturated, total(g)	8.08
Cholesterol (mg)	2