



Food ID: A121

Food name and Description: Curls, prawn flvr

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	0.8
Energy, calculated (kcal)	483
Protein (g)	7.2
Total Fat (g)	20.2
Carbohydrate, total (g)	68
Ash, total (g)	3.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.2
Sugars, total (g)	2.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	74
Phosphorus, P (mg)	62
Iron, Fe (mg)	1.6
Sodium, Na (mg)	902

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	100
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	101
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.11
Fatty acids, monounsaturated, total (g)	5.9
Fatty acids, polyunsaturated, total(g)	10.53
Cholesterol (mg)	2