



Food ID: A128

Food name and Description: Hopyang Hapon

Scientific name: N/A

Alternate/Common name(s): N/A

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	17.4
Energy, calculated (kcal)	352
Protein (g)	8.7
Total Fat (g)	5.7
Carbohydrate, total (g)	66.4
Ash, total (g)	1.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.3
Sugars, total (g)	19.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	111
Phosphorus, P (mg)	234
Iron, Fe (mg)	1.8
Sodium, Na (mg)	18

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	2
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	3
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.34
Fatty acids, monounsaturated, total (g)	2.3
Fatty acids, polyunsaturated, total(g)	0.8
Cholesterol (mg)	-