



Food ID: A155

Food name and Description: Popcorn and peanuts, sweetn

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	3.1
Energy, calculated (kcal)	447
Protein (g)	5.1
Total Fat (g)	12.8
Carbohydrate, total (g)	77.8
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.8
Sugars, total (g)	45.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	147
Phosphorus, P (mg)	135
Iron, Fe (mg)	3.3
Sodium, Na (mg)	177

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	1.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.71
Fatty acids, monounsaturated, total (g)	4.48
Fatty acids, polyunsaturated, total(g)	5.37
Cholesterol (mg)	0