

**Food ID:** A157**Food name and Description:** Popcorn, sweetn**Scientific name:****Alternate/Common name(s):****Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	2.3
Energy, calculated (kcal)	443
Protein (g)	4
Total Fat (g)	11
Carbohydrate, total (g)	81.9
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5.2
Sugars, total (g)	53.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	27
Phosphorus, P (mg)	113
Iron, Fe (mg)	2.4
Sodium, Na (mg)	207

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)	0.05
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.1
Fatty acids, monounsaturated, total (g)	2.48
Fatty acids, polyunsaturated, total(g)	3.85
Cholesterol (mg)	0