



Food ID: A161

Food name and Description: Pudding, raisin

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	47
Energy, calculated (kcal)	221
Protein (g)	8.1
Total Fat (g)	2.9
Carbohydrate, total (g)	40.5
Ash, total (g)	1.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.2
Sugars, total (g)	23.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	254
Phosphorus, P (mg)	146
Iron, Fe (mg)	1.3
Sodium, Na (mg)	116

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	85
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	86
Thiamin, Vitamin B1 (mg)	0.33
Riboflavin, Vitamin B2 (mg)	0.28
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.78
Fatty acids, monounsaturated, total (g)	1.75
Fatty acids, polyunsaturated, total(g)	0.07
Cholesterol (mg)	1