



Food ID: A162

Food name and Description: Pudding, vanilla

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	29.4
Energy, calculated (kcal)	286
Protein (g)	6.2
Total Fat (g)	1.5
Carbohydrate, total (g)	61.8
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	42.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	75
Phosphorus, P (mg)	170
Iron, Fe (mg)	2
Sodium, Na (mg)	354

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	130
beta-Carotene (µg)	55
Retinol Activity Equivalent, RAE (µg)	135
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	2.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.4
Fatty acids, monounsaturated, total (g)	0.91
Fatty acids, polyunsaturated, total(g)	0.03
Cholesterol (mg)	0