



Food ID: A166

Food name and Description: Puffs, spiced

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	3.2
Energy, calculated (kcal)	418
Protein (g)	7.4
Total Fat (g)	8.9
Carbohydrate, total (g)	77
Ash, total (g)	3.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.2
Sugars, total (g)	2.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	186
Phosphorus, P (mg)	105
Iron, Fe (mg)	3.7
Sodium, Na (mg)	881

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)	0.02
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.37
Fatty acids, monounsaturated, total (g)	2.6
Fatty acids, polyunsaturated, total(g)	4.64
Cholesterol (mg)	1