



**Food ID:** A182

**Food name and Description:** Rice flour prep, tamales

**Scientific name:**

**Alternate/Common name(s):** Tamales

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	75.2
Energy, calculated (kcal)	101
Protein (g)	1.3
Total Fat (g)	0.9
Carbohydrate, total (g)	21.8
Ash, total (g)	0.8

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.2
Sugars, total (g)	4.2

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	25
Phosphorus, P (mg)	38
Iron, Fe (mg)	2
Sodium, Na (mg)	230

## **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)	0.01
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-