



Food ID: A200

Food name and Description: Spring roll wrapper, plain

Scientific name:

Alternate/Common name(s): Balat ng lumpia/Lumpia wrapper

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	20.2
Energy, calculated (kcal)	316
Protein (g)	10.6
Total Fat (g)	0.5
Carbohydrate, total (g)	67.2
Ash, total (g)	1.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	41
Phosphorus, P (mg)	90
Iron, Fe (mg)	5
Sodium, Na (mg)	140

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.23
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	2.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.09
Fatty acids, monounsaturated, total (g)	0.07
Fatty acids, polyunsaturated, total(g)	0.2
Cholesterol (mg)	0