



Food ID: A202

Food name and Description: Wheat flour, all-purpose, enr, bleached

Scientific name:

Alternate/Common name(s): Arina trigo, all-purpose, enr, pinaputi

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	9.8
Energy, calculated (kcal)	377
Protein (g)	11
Total Fat (g)	3.6
Carbohydrate, total (g)	75.2
Ash, total (g)	0.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.8
Sugars, total (g)	0.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	122
Phosphorus, P (mg)	71
Iron, Fe (mg)	4.1
Sodium, Na (mg)	2

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)	0.5
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.57
Fatty acids, monounsaturated, total (g)	0.32
Fatty acids, polyunsaturated, total(g)	1.52
Cholesterol (mg)	0