



**Food ID:** A203

**Food name and Description:** Wheat flour, cake flour, enr, bleached

**Scientific name:** *N/A*

**Alternate/Common name(s):** Arina trigo, cake, enr, pinaputi

**Edible portion:** 100%

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

Water (g)	9.2
Energy, calculated (kcal)	370
Protein (g)	8.9
Total Fat (g)	1.7
Carbohydrate, total (g)	79.7
Ash, total (g)	0.5

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

Fiber, total dietary (g)	1.8
Sugars, total (g)	0.3

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

Calcium, Ca (mg)	83
Phosphorus, P (mg)	67
Iron, Fe (mg)	0
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)	0.3
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	2.6
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.25
Fatty acids, monounsaturated, total (g)	0.14
Fatty acids, polyunsaturated, total(g)	0.75
Cholesterol (mg)	0