



**Food ID:** B028

**Food name and Description:** Cassava fritter

**Scientific name:**

**Alternate/Common name(s):** Kamoteng kahoy, maruya

**Edible portion:** 100%

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

Water (g)	20.8
Energy, calculated (kcal)	360
Protein (g)	0.7
Total Fat (g)	10
Carbohydrate, total (g)	66.7
Ash, total (g)	1.8

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

Fiber, total dietary (g)	5
Sugars, total (g)	7.8

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

Calcium, Ca (mg)	26
Phosphorus, P (mg)	21
Iron, Fe (mg)	0
Sodium, Na (mg)	295

## **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)	0.04
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	8.52
Fatty acids, monounsaturated, total (g)	0.61
Fatty acids, polyunsaturated, total(g)	0.24
Cholesterol (mg)	0