



**Food ID:** C056

**Food name and Description:** Green pea-corn-peanut mixture, fried

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	1.5
Energy, calculated (kcal)	511
Protein (g)	19.8
Total Fat (g)	26.5
Carbohydrate, total (g)	48.4
Ash, total (g)	3.8

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

Fiber, total dietary (g)	-
Sugars, total (g)	-

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

Calcium, Ca (mg)	129
Phosphorus, P (mg)	320
Iron, Fe (mg)	0.1
Sodium, Na (mg)	-

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

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	50
Retinol Activity Equivalent, RAE (µg)	9
Thiamin, Vitamin B1 (mg)	1.19
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	1.8
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)	-