



Food ID: F247

Food name and Description: Potted meat spread, w/ cereal, cnd

Scientific name: N/A

Alternate/Common name(s): -

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	63.4
Energy, calculated (kcal)	186
Protein (g)	7.7
Total Fat (g)	9.9
Carbohydrate, total (g)	16.6
Ash, total (g)	2.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.7
Sugars, total (g)	6.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	33
Phosphorus, P (mg)	37
Iron, Fe (mg)	10.3
Potassium, K (mg)	207
Sodium, Na (mg)	674
Zinc, Zn (mg)	1.5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	60
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	60
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	7.12
Caproic, C6 (g)	0.03

Caprylic, C8 (g)	0.37
Capric, C10 (g)	0.33
Lauric, C12 (g)	2.66
Myristic, C14 (g)	1.1
Palmitic, C16 (g)	1.88
Stearic, C18 (g)	0.61
Arachidic, C20 (g)	0
Behenic, C22 (g)	0.07
Lignoceric, C24 (g)	0.07
Fatty acids, monounsaturated, total (g)	1.87
Oleic , C18:1 (g)	1.87
Fatty acids, polyunsaturated, total(g)	0.82
Linoleic, C18:2 (g)	0.77
Linolenic, C18:3 (g)	0.04
Cholesterol (mg)	125