



Food ID: J025

Food name and Description: Milk, sweetn, cond, filled

Scientific name:

Alternate/Common name(s): Gatas, kondensada, filled

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	23.4
Energy, calculated (kcal)	334
Protein (g)	8.5
Total Fat (g)	7
Carbohydrate, total (g)	59.3
Ash, total (g)	1.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	57.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	309
Phosphorus, P (mg)	236
Iron, Fe (mg)	0.4
Sodium, Na (mg)	109

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	285
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	285
Thiamin, Vitamin B1 (mg)	0.68
Riboflavin, Vitamin B2 (mg)	0.65
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.41
Fatty acids, monounsaturated, total (g)	1.95
Fatty acids, polyunsaturated, total(g)	0.27
Cholesterol (mg)	27